

# express

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT [WWW.READEXPRESS.COM](http://WWW.READEXPRESS.COM) | SEPTEMBER 11, 2007 | >>**FREE**<<

## Tuesday



A supporter of ex-PM Nawaz Sharif is arrested.

**Into Exile:** Musharraf expels returned ex-Pakistani PM | **7**

**Hate Crime:** Noose on tree sparks UMd. investigation | **11**

**On the Line:** Redskins look to fill Jansen's shoes at tackle | **13**

**ENTERTAINMENT**

**No Contest:**

Kanye West easily bests 50 Cent in the great rap debate. Plus, the Western rides again.

>> **17-22**



## Petraeus Outlines Troop Cuts

General gets mixed reaction on Hill over Iraq drawdown

**WASHINGTON** | The top U.S. general in Iraq outlined plans Monday for the withdrawal of 30,000 troops by next summer, drawing praise from the White House but a chilly reception from anti-war Democrats.

Gen. David Petraeus said a 2,000-member Marine unit would return home this month without replacement in the first sizable cut since a 2003 U.S.-led invasion toppled Saddam Hussein and unleashed sectarian violence.

Further "force reductions will continue," he told a nationally televised congressional

hearing that was frequently interrupted by anti-war protesters. Petraeus said it would be "premature to make recommendations on the pace," and he recommended that Bush wait until March 2008 to make any decisions.

The cuts he outlined would return the U.S. force to levels in place when President Bush ordered a buildup last winter to allow the Iraqi government time to forge a reconciliation among feuding factions.



Petraeus

Petraeus' testimony came at a politically pivotal moment in a war that has claimed the lives of more than 3,700 U.S. troops in more than four years.

Bush is expected to make a nationwide speech on the war in the next few days, and White House press secretary Tony Snow said Bush will place a lot of weight on his general's recommendations. DAVID ESPO (AP)

◆ **Eye of the storm:** Petraeus stays calm during testimony amid lawmakers' furor over the Iraq war | Page 3

## America Marks Six Years Since Sept. 11



**IN MEMORY:** A visitor to a memorial in Shanksville, Pa., on Monday pays tribute to those who died when United Flight 93 crashed there during the Sept. 11, 2001, terrorist attacks. Ceremonies across the U.S. today will mark the sixth anniversary of the attacks. ◆ **Bitter feelings:** Politics mars New York tribute | Page 4



HAVE SIX YEARS OF THE 'WAR ON TERROR' MADE THE UNITED STATES ANY SAFER?  YES  NO

# eyeOpeners

## ANGRY DOGS

## Santa's Little Helper Gets Really Jealous

A Seattle woman who faced up to 90 days in jail for registering her dog to vote has agreed to a deal that could remove the charge from her record. Jane Balogh, 66, will not be prosecuted on the charge of making a false or misleading statement to a public servant if she does 10 hours of community service, pays a \$250 fine and avoids violating the law for the next year. Balogh registered her Australian shepherd-terrier mix, Duncan M. McDonald, to vote in April 2006 by putting her telephone bill in the dog's name and using that as identification when she mailed the form to election officials to protest a change in the law that she believed made it too easy for noncitizens to vote. In November, she wrote "VOID" across the first ballot sent to the dog and returned it with an image of a paw print on the signature line. (AP)



## MORE EMBARRASSING?

## Caught Naked? Or Whooped by Old Man?

A man who allegedly tried to burglarize a home lost his clothes in a scuffle with the 69-year-old homeowner and then tried to streak away before he was arrested in Duluth, Minn. Wayne and Kathie Boniface returned home from dinner at a neighbor's house Thursday night to find the man in their house. Wayne Boniface said the man made the mistake of grabbing his wife. "As soon as he grabbed my wife, I had him in the kitchen wrestling him to the ground in a headlock and armlock," Boniface said. When police asked Boniface whether he could identify the suspect, he said: "Oh, yeah. I believe he's the only guy running nude in Duluth." The 20-year-old man was apprehended about 20 minutes later. He has been charged with two counts of first-degree burglary. The man's name was not released. (AP)



MIKKO STIG/AFP/GETTY IMAGES

## AIR GUITAR

## No Strings Attached

A Japanese man out-played challengers to win the Air Guitar World Championship for the second consecutive year at a contest in Finland. Apart from the glory, Ochi Yosuke received a custom-made Flying Finn electric guitar worth \$3,400 after winning Friday night. (AP)



## SAFETY FIRST

## But at Least He Was Wearing Ear Plugs

A carpenter caught hammering nails and sawing wood in the nude has been found by a judge to be not guilty of indecent exposure. Alameda County Superior Court Judge Julie Conger ruled Thursday that although Percy Honniball of Oakland, Calif., was naked, he was not acting lewdly or seeking sexual gratification. Honniball, 51, was arrested last year after he was spotted building cabinets naked. The carpenter has said he likes to work in the nude because it's more comfortable and it helps him keep his clothes clean. Honniball was sentenced to two years' probation in 2003 after being caught three times working naked in Berkeley. (AP)

## Are You A Trauma Survivor?

Have you: • Been physically or sexually assaulted? • Had a serious accident? • Felt your life was in danger?

Have you experienced any of these symptoms since the traumatic event?

- Difficulty getting rid of troubling images or thoughts of the Trauma
- Flashbacks or nightmares
- Avoiding people or places
- Feeling anxious or jumpy

If so, you may be suffering from Post-Traumatic Stress Disorder (PTSD). Call us to see if you qualify for:

- A study monitoring emotional responses for example changes in heart and breathing rate.

Must be between 18-55 years old. This study involves up to five half-day visits to the NIMH outpatient clinic in Bethesda, Maryland.

Mental health assessment at no cost - Transportation reimbursement is available  
Compensation for brain imaging

Call: 301-594-9140

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>  
or for other studies: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)



The National Institute of Mental Health  
National Institutes of Health, Department of Health & Human Services

NIMH  
National Institute of Mental Health

## IRS PROBLEMS?

LET THE JK HARRIS TAX TEAM FIGHT FOR YOU!  
"...the (Nation's) most successful (in terms of size) tax-resolution company."\*  
-The Wall Street Journal

### Free Tax Settlement Analysis:

Confidential Interview by Appointment Only

**800-765-3007**



[www.lowerbacktaxes.com](http://www.lowerbacktaxes.com)

We Also Negotiate Defaulted Student Loans

**800-499-0951**

Call for an Appointment Near You \*not an endorsement by the WSJ

**The Nation's Largest Tax Representation Firm**

## AMERICA'S BEST WINDOW VALUE



**\$169**

ANY SIZE INSTALLED  
WHITE VINYL DOUBLE HUNG  
REPLACEMENT WINDOWS  
COMPARE TO OTHERS AT \$600 OR MORE!



Licensed & Insured  
MHIC #124478  
50 Locations Nationwide  
Visit Our Showroom

**WINDOW DEPOT**



7993 Fernham Lane,  
Forestville, MD 20747  
Serving MD, DC. and VA



**HOW ROMANTIC:** A 19-year-old woman was arrested in Laguna Beach, Calif., after an officer saw her smacking her live-in boyfriend with her purse during an apparent argument over whether to take a walk on the beach, police said.

## Nation

### In Brief

LOS ANGELES

#### Disney to Begin Testing Toys for Safety Problems

Following the recall of millions of toys by Mattel Inc., the Walt Disney Co. said Monday it will independently test toys featuring its characters. The media and entertainment conglomerate will hire companies to randomly buy Disney-branded toys from store shelves and test for lead paint and other safety issues, such as small parts that could come loose, Disney consumer products spokesman Gary Foster said. (AP)

WASHINGTON

#### FBI Opens Investigation Of Democratic Fundraiser

The FBI is investigating whether Democratic fundraiser Norman Hsu paid so-called straw donors

to send campaign contributions to presidential hopeful Sen. Hillary Rodham Clinton and other candidates, a law enforcement official said Monday.

Federal authorities are looking into whether Hsu leaned on investors to contribute to political candidates after paying them earnings from a business venture he was running, the law enforcement official said. Such activities violate the Federal Election Campaign Act, which limits how much money individuals can give to candidates and political committees. (AP)

Hsu



In his Army green, under sparkling chandeliers, Petraeus presented statistics on conditions in Iraq that leaped off the page like fever charts on a hospital bed, indicating the patient was terribly ill but might be coming around. He declared "it is possible to achieve our objectives in Iraq over time."

At the moment of highest anticipation — when Petraeus was finally asked to speak — his microphone failed. In the awkward minutes that followed, two more protesters made a commotion and were removed from the room.

Democrats were careful to exempt the general from their contempt of President Bush's course.

"This is not a knock on you," Rep. Tom Lantos, D-Calif., told Petraeus and Ryan Crocker, ambassador to Iraq. But he said they had come to Congress to "restore credibility to a discredited policy."

"With all respect to you," he went on, "I don't buy it."

Petraeus stayed cool when Democratic Rep. Robert Wexler of Florida pronounced this year's troop increase a failure and said seven more U.S. soldiers had died in Iraq during the hearing.

"No one is more conscious of the loss of life than the commander of the forces," Petraeus said. "That is something I take and feel very deeply, and if I did not think that this was a hugely important endeavor and if I did not think that this was an endeavor at which I could succeed, I would not have testified as I did here today." CALVIN WOODWARD (AP)

**FROM THE FRONT LINES:** Gen. David Petraeus was calm and composed in his highly anticipated testimony on Capitol Hill.

PABLO MARTINEZ MONSIVAIS/AP

## Petraeus in the Spotlight

Lawmakers from both parties calmly receive general's careful report

WASHINGTON | A congressional hearing that lawmakers called the most important of the year opened like a rock concert Monday, with crackling anticipation and screeching feedback from the acoustic speakers. Yet this show turned out to be Gen. David Petraeus, unplugged.

Calm, measured and unflinching, the Iraq war commander

**“No one is more conscious of the loss of life than the commander of the forces.”**

GEN. DAVID PETRAEUS

walked lawmakers through the latest turns in the unpopular war, stopping well short of promising vic-

tory but asking the nation to give escalation a chance.

Even Democrats who despise the war policy were deferential in the face of the general's even-keeled demeanor and his shiny silver stars. "He's one of the best," said Democratic Rep. Ike Skelton of Missouri, who ran proceedings in the ornate hearing room and ordered a succession of protesters ejected when they shouted their anger about the war.

**The occupying force:** If Gen. David Petraeus has his way, tens of thousands of U.S. troops will be patrolling Iraq for years to come. | Today's Post A Section

## Now accepting new patients

Our office in Wheaton is accepting new patients daily. Allergy Care Centers wants to thank the community for its support. We will endeavor to do our best to serve this area with the latest in testing and treatment with the finest nurses and physicians in our area.

Please accept our invitation to visit us and to make an appointment today.

T: 800.287.2829  
MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers  
Care for All Seasons

Wheaton

**BOTOX \$199**

**Guaranteed Results**



Collagen \$299

Restylane \$350

Threadlift

Radiesse & Sculptura

All procedures performed  
by a Physician

202.452.1332

703.533.1025

703.465.0666

301.738.6766

410.730.7226

24th and I St.,  
Foggy Bottom Metro  
Tyson's Corner  
Alexandria  
Bethesda  
Columbia/Baltimore



Special Offer Expires Soon.  
Call for details.

20/20 Guaranteed or Money Back\*

ENJOY LASIK REGARDLESS OF YOUR RX.  
• No Incision/Cut and No Flap Lasik  
• One Eye or Both Eyes at a Time  
• Safe & Comfortable  
• Quick & Immediate Recovery  
• FDA Approved  
• Visx & Bausch & Lomb Lasers  
• 0 Down, 0 Interest, 100% Financing  
• Return to Work Next Day  
• Insurance

**I SURGEONS** 202.464.5216

• 24th and I St., Foggy Bottom Metro  
301.738.0339 • BETHESDA  
703.533.0025 • TYSON'S CORNER  
703.465.0090 • ALEXANDRIA  
410.730.2215 • COLUMBIA/BALTIMORE  
[www.i-surgeons.com](http://www.i-surgeons.com)

**I SURGEONS**

## CLEARANCE SALE DESIGNER SOFAS



**IMMEDIATE DELIVERY**  
Pentagon Row Behind Pentagon Mall  
Haus Design  
1301 S. Joyce St. D-24, Arlington, VA 22202  
703-415-4560  
[www.ehausdesign.com](http://www.ehausdesign.com)



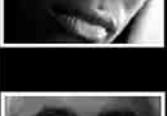
## Do You Continue To Be Depressed?



NIMH is conducting a study comparing the effectiveness of a combination of antidepressants with the effectiveness of each antidepressant alone. Our hope is to find new medications for individuals who have never received treatment for depression or who have not responded to treatment in the past.



This is a 9-week outpatient or inpatient study conducted at the NIH Clinical Center in Bethesda, Maryland.



NIMH is seeking Participants:

- Ages 18-65
- Currently depressed



**The study includes medical and psychiatric evaluations, and research medication at no cost. Transportation reimbursement provided.**

Atendemos pacientes de habla hispana.



Call: **301-496-5645** (TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

04-M-0227



**The National Institute of Mental Health**

National Institutes of Health, Department of Health & Human Services



**Drive you.**

"Cars" can put you in the right wheels. **Wednesdays.**

**express**

## Nation



MARY ALTAFFER/AP  
Visitors to the World Financial Center in New York view the remains of Ground Zero on the eve of the sixth anniversary of the terrorist attacks on the World Trade Center.

## Tension Surrounds Sept. 11 Ceremony

**Victims' families are angry about Giuliani's appearance at event**

**NEW YORK** | Once again, the city will pause for four moments of silence to mark the attacks that killed thousands. Family members will lay flowers by the fallen twin towers, and the names of more than 2,700 victims will be read.

But much will be different on the sixth anniversary of Sept. 11, after tense arguments over the site of the ceremony and the appearance of a presidential candidate.

After bitterly objecting that they wanted to pay their respects closest to where their loved ones died, family members will be allowed to descend to the site below street level and lay flowers near where the towers stood.

Politics has played little role in

past ceremonies, which featured heartfelt messages to lost loved ones. The city's firefighters, however, could raise several issues — they are among thousands who say they suffer persistent respiratory problems after inhaling dust from the trade center's collapse.

And firefighters and several victims' family members are furious that Rudy Giuliani, the city's former mayor who has spoken every year at the ceremony, is doing so on Tuesday as a Republican presidential candidate.

Giuliani said last week that his appearance wasn't intended to be political.

"I was there when it happened, and I've been there every year since then. If I didn't, it would be extremely unusual. As a personal matter, I wouldn't be able to live with myself," Giuliani said Friday at a campaign stop in Florida. AMY WESTFELDT (AP)



**YOUR CALL:** A federal appeals court on Tuesday will consider whether a notorious "wardrobe malfunction" that bared singer Janet Jackson's breast during the televised 2004 Super Bowl halftime show was indecent, or merely a fleeting and accidental glitch that shouldn't be punished. The FCC levied a \$550,000 fine against CBS for the broadcast.

The total amount, in millions of dollars, donated to the University of California, Berkeley, by the William and Flora Hewlett Foundation, the largest gift in the school's history.

## Nation

# War Critic Hagel to Retire

Nebraska senator says he will not run for any political office in '08

OMAHA, NEB. | Republican Sen. Chuck Hagel, a thorn in his party's side when it comes to the Iraq war, announced Monday he would retire from the Senate and not seek any elected office in 2008.

"I said after I was elected in 1996 that 12 years in the Senate would probably be enough, and it is," Hagel said.

His exit means one more seat the minority Republicans will be forced to defend, and both parties are expected to bring in heavy hitters to vie for the spot. The contenders could include Democrat Bob Kerrey, a former U.S. senator and governor, and Republican Mike Johanns, the U.S. agriculture secretary and another former governor.

Hagel's Senate colleagues from both parties praised his service Monday.

"Chuck Hagel is one of the few



CHIP SOMODEVILLA/GETTY IMAGES

Sen. Chuck Hagel, R-Neb., will retire from the Senate in 2008 after 12 years of service. Democrats and Republicans are expected to compete aggressively for his seat.

genuine foreign policy experts in the Senate and an independent, serious voice on many of the most challenging issues we face," said Senate Minority Leader Mitch McConnell, R-Ky.

Hagel's decision is the latest setback for the minority Senate Republicans. Sen. John Warner of Virginia

and Colorado Sen. Wayne Allard also intend to retire, and incumbents in New Hampshire, Oregon, Minnesota and Maine face particularly competitive races.

The GOP has a good chance to retain Hagel's seat in Nebraska because the state is heavily Republican. ANNA JO BRATTON (AP)

# Craig: Media Scrutiny Made Me Plead Guilty

Idaho senator files papers asking guilty plea be withdrawn

MINNEAPOLIS | Sen. Larry Craig filed court papers Monday seeking to withdraw his guilty plea in an airport sex sting, arguing that he entered the plea under stress caused by media inquiries into his sexuality.

Craig, an Idaho Republican, pleaded guilty in August to disorderly conduct following his June arrest in a sting operation in a men's bathroom at the Minneapolis airport.

In a "state of intense anxiety" following his arrest, Craig "felt compelled to grasp the lifeline offered to him by the police officer" and pleaded guilty to the disorderly conduct charge in hopes the matter would



Craig

not be made public, according to the court papers filed in Hennepin County District Court.

The filing said Craig panicked and accepted the plea rather than seeking the advice of an attorney.

Craig's attorney, William Martin, cited pressure from Craig's hometown newspaper, the Idaho Statesman, which spent months investigating whether Craig had homosexual encounters. Craig has denied such suggestions and accused the paper of conducting a "witch hunt."

Statesman executive editor Vicki Gowler issued a statement Monday defending the paper's investigation, which she said was done with "great care." JOSHUA FREED (AP)



RICH PEDRONCELLI/AP

Umer Hayat talks to reporters about the sentencing of his son, Hamid Hayat.

## Man Sentenced For Terror Plans

SACRAMENTO, CALIF. | A California man was sentenced to 24 years in federal prison Monday for attending an al-Qaeda terrorist training camp in Pakistan and returning to the United States "willing to wage violent jihad." Hamid Hayat, a U.S. citizen, was convicted in April 2006 of providing material support to terrorists and lying about it to FBI agents. Prosecutors said Hayat intended to attack hospitals, banks, grocery stores and government buildings in California. (AP)

# Got Belly Fat? There is HOPE!



- If Dieting & Exercise is not working anymore, you definitely need to attend this seminar!
- Before you start another diet, come to this seminar and learn how to trigger FAT BURNING.
- Learn the 4 body types: Thyroid, Adrenal, Ovary, and Liver.
- Find out about the 6 fat burning hormones and their relationship to cravings, sleep cycles, pain, and ridding belly fat.
- Register to this very interesting educational seminar and bring a pen and paper—you have nothing to lose but your belly!

As Seen On 

**FREE SEMINAR—Don't Put it Off Any Longer!**  
**Call Now: 703-354-7336**

Disclaimer: The information provided at the workshop is not designed to diagnose or treat any medical condition. It is purely educational and is based on the book, *The 7 Principles of Fat Burning*.

**Speaker:**  
**Eric Berg, DC**  
**DrBergWorkshop.com**

## GRADUATE CERTIFICATES AND MASTER'S DEGREE

### LANDSCAPE DESIGN & SUSTAINABLE LANDSCAPES

#### Landscape professionals are in demand.

With its emphasis on small-scale landscape design, our programs enjoy a strong reputation in the area's landscape and horticulture industry.

**Stackable credentials.** Each certificate can stand alone, or both may be stacked together for a Master's Degree in Landscape Design.

**Convenient.** The Landscape Design Graduate Certificate classes are offered evening and weekends downtown, at the Virginia Campus and in local gardens. The Sustainable Landscapes Certificate is designed to be completed in one year via distance learning with four short-term residencies in Alexandria, VA.

**Transferable.** Credits in the Landscape Design Graduate Certificate Program may be applied to an MLA at Virginia Tech's Alexandria campus.

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

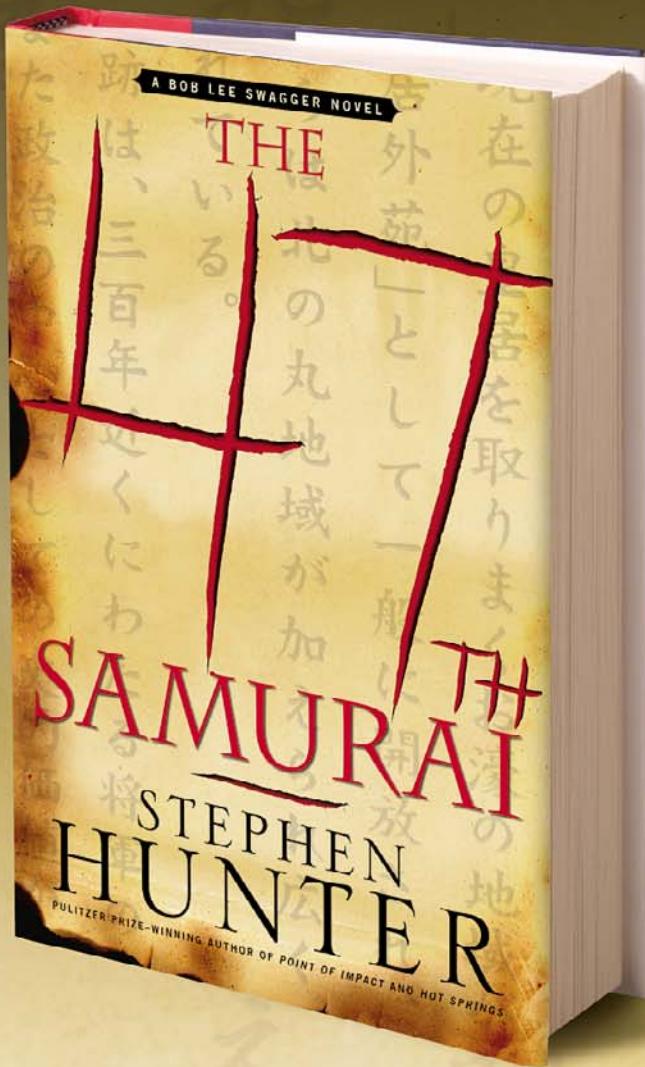
BRING US YOUR  
AMBITION.  
[www.gwu.edu/gradinfo](http://www.gwu.edu/gradinfo)



THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/ AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

New from the *New York Times* bestselling  
and Pulitzer Prize-winning author!

The sniper is mightier  
than the sword.  
Bob Lee Swagger returns.



Determined to uncover the truth behind a sword with a bloody history, Bob Lee Swagger travels to Tokyo and becomes trapped in a deadly conspiracy of money, power, and sex—and discovers that to survive samurai, one must become samurai.

“One of the best thriller writers around, Stephen Hunter created a character named Bob Swagger... and the thriller world is still recovering.”

—The Washington Post

“A riveting homage to the myth of the samurai.”

—Publishers Weekly

**SIMON &  
SCHUSTER**  
A CBS COMPANY  
[www.simonsays.com](http://www.simonsays.com)

GEORGE  
MASON  
UNIVERSITY

The Volgenau School of  
Information Technology and Engineering

**TechAdvance**

LEARN GROW ADVANCE

Professional Development Programs

Experienced trainers with industry experience	Sep 15
Microsoft Developer.Net	Sep 22
MCSE Windows 2003	Sep 25
Information Technology Foundation (A+, Network+, MCP, CCNA, Security+)	Sep 29
Cisco Certified Network Associate	Oct 19
Microsoft Project	Oct 30
Certified Info. Systems Security Pro - CISSP	Nov 03
Oracle 10g Database Administration	Nov 05
IT Project+	Nov 14
Web Design	Dec 08

For complete outline and schedule,  
visit our website at <http://ite.gmu.edu/techadvance>  
Arlington, Herndon, Loudoun and Manassas

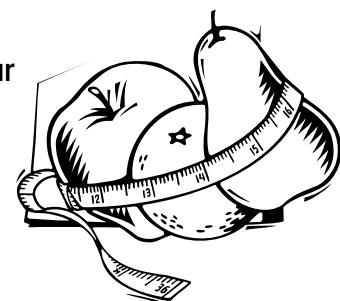
703-842-7404 [advance@gmu.edu](mailto:advance@gmu.edu)

Are you  
overweight?

- Do you have Type 2 Diabetes?
- Are you 18-70 years of age?
- Are you looking to lose weight?
- Are you willing to participate in a 1-year research study involving approximately 15 outpatient visits?

If yes, then you may qualify  
for a weight loss  
research study of an  
investigational medication.

You may be  
compensated for your  
time and travel. For  
more information or  
to see if you qualify,  
please contact...



MedStar Clinical Research Center  
at Capitol Hill  
202-787-5373  
[medstarresearch.org](http://medstarresearch.org)

Place your Classified ad today. **202-334-6200**.



**SECOND LOOK:** Archaeologists opened a Viking burial mound in Norway on Monday, seeking to learn more about two women — possibly a queen and a princess — laid to rest there 1,173 years ago. The site was home to one of the country's key archaeological finds, the Oseberg Viking longboat.

## World



A powerful pipeline fire rages near the town of Omealca, Mexico, on Monday.

### Mexican Oil, Gas Pipelines Set Ablaze by Rebels

VERACRUZ, MEXICO | A shadowy leftist guerrilla group took credit for a string of explosions that ripped apart at least six Mexican oil and gas pipelines Monday, rattling financial markets and causing hundreds of millions of dollars in lost production.

The six explosions could be seen miles away and set off fires that sent flames and black smoke shooting into the skies. There were no immediate reports of injuries directly caused by the fires.

It was the second time in three months that the so-called People's Revolutionary Army claimed responsibility for a pipeline attack as part of what it has labeled its "prolonged people's war" against "the anti-people government." (AP)

# Ex-Pakistani PM's Return Rebuffed

Sharif is deported to Saudi Arabia hours after return from exile

ISLAMABAD, PAKISTAN | President Gen. Pervez Musharraf defied Pakistan's Supreme Court on Monday, sending commandos to the airport and tossing out a bitter rival hours after he returned from exile in hopes of making a political comeback and opposing the military leader.

The expulsion of Nawaz Sharif, who was ousted as an elected prime minister by Musharraf in a 1999 bloodless coup, could deepen the general's unpopularity and undermine the legitimacy of upcoming elections.

Not long after he arrived from London to cheers from supporters accompanying him on the plane, Sharif was charged with corruption and money-laundering and bundled away by police from the airport VIP lounge. Four hours after landing, he was on a special flight to Saudi Arabia.

Pakistan's deputy information

### Afghan Suicide Bombing Kills 28

KANDAHAR, AFGHANISTAN | A suicide bomber on a motorized rickshaw detonated explosives Monday in a marketplace in southern Afghani-



**UNREST:** Supporters of Nawaz Sharif are arrested for trying to break through police lines at the Islamabad airport on Monday.

minister Tariq Azim told the British Broadcasting Corp. Sharif chose to go back into exile to avoid being detained and standing trial.

"It was a choice given to him that either he goes to a detention center and be detained and tried, or he goes and completes his 10-year [exile]

agreement that he has signed with the Saudi Government," Azim told the BBC in an interview, according to an excerpt provided ahead of its broadcast Monday night.

The deportation drew criticism from the European Union, which noted the Pakistani Supreme Court

ruled last month that authorities had no right to block Sharif's return.

Protests were called for Tuesday, and a hard-line Islamic coalition allied with Sharif said it would join the demonstrations.

MATTHEW PENNINGTON (AP)

the victims of the blast.

The attacker was apparently targeting a police commander when he detonated his bomb near a taxi stand in Helmand province, the world's largest poppy-growing

region and site of the country's worst violence this year.

Gereshk district chief Abdul Manaf Khan said 28 people were killed, including 13 police officers and 15 civilians. (AP)

MENTION THIS AD FOR

**50% OFF**

**AIR DUCT  
CLEANING  
& FREE  
FURNACE  
CLEANING**

Was \$550  
Now Only

**\$275**

**CYPRUS AIR**

Includes inspection cleaning of the entire duct system & up to 8 vents.  
\$20 per additional vent. Coupon expires 9/18/07. One coupon per customer. One coupon per system.



Dust, dirt, pollen  
and other filth we  
cleaned from  
ducts in a 6-year-  
old townhome

**Not Enough  
Air Flow?**

*40th Anniversary*  
**CYPRUS AIR**  
DUCT CLEANING

7525 Richmond Highway  
Alexandria, VA

**1-800-994-9678**

Quality Service Since 1967

Free Estimates Available

Call Everyday

8am to 6pm!



# World



**WHAT A CATCH:** After catching a striped bass with President Bush in Maine in July, Russia's Vladimir Putin seems to have become hooked on fishing. Since reeling in that catch, Putin has taken Prince Albert II of Monaco fishing in Siberia and invited Bush to try his luck in Russian waters.

## Second Bin Laden Video to Be Aired

Terror chief to appear in new tape to mark 9/11, al-Qaeda says

CAIRO, EGYPT | Osama bin Laden will appear for the second time in a week in a new video to mark the anniversary of the Sept. 11, 2001, attacks, presenting the last will and testament of one of the suicide hijackers, al-Qaeda said Monday.

Each year, al-Qaeda has released videos of last statements by hijackers on the anniversary of the attacks. But this year's releases underline how bin Laden is re-emerging to tout his leadership of the jihad movement. While past anniversary videos featured old footage of bin Laden, the latest appears likely to include a newly made speech.

Bin Laden had not appeared for



Bin Laden had not appeared for nearly three years until a recent tape emerged.

nearly three years until a new video was released over the weekend. In that video, he addressed the American people, telling them the war in Iraq is a failure and taking on a new anti-globalization rhetoric.

Al-Qaeda's media arm, Al-Sahab, announced the second video Monday on an Islamic militant Web forum.

The video was likely to be released within 24 hours to coincide with Sept. 11, said Ben Venzke, head of IntelCenter, a U.S. group that analyzes militant messages. (AP)

## In Brief



Colombian soldiers transport alleged drug trafficker Diego Montoya Monday.

### BOGOTA, COLOMBIA

#### Alleged Cocaine Kingpin Diego Montoya Is Arrested

Elite troops swarmed onto a small farm Monday and captured one of the world's most wanted drug lords hiding nearby in his underwear. Colombian authorities called it their biggest drug war victory since the 1993 slaying of Medellin cartel leader Pablo Escobar. Diego Montoya allegedly leads the Norte del Valle cartel, Colombia's most powerful and dangerous trafficking organization. (AP)

### KHARTOUM, SUDAN

#### AU, Rebels: Illegal Air Strikes Launched on Darfur

Sudanese government forces resumed air strikes in Darfur on Monday with an attack on a town that killed more than a dozen civilians, African Union peacekeepers and rebels said. Air raids on Darfur are in breach of several cease-fire agreements. Despite frequent accusations, Sudan's military regularly denies it conducts air strikes, as was the case Monday. (AP)

### ROTHLEY, ENGLAND

#### Missing Girl's Parents Await News of Possible Charges

The parents of missing 4-year-old Madeleine McCann were waiting to find out whether a Portuguese prosecutor will file charges against them after police submit their case Tuesday. Portuguese police said they expected to hand-deliver on Tuesday the results of their investigation into the girl's disappearance from a hotel in Portugal. Police named Kate and Gerry McCann as suspects Friday. (AP)



**METRO.**  
WHEREVER YOU GO.

BUS AND RAIL INFO ANYTIME 202-637-7000 • TTY 202-638-3780

**M** **opens**  
**metro** **doors**  
MetroOpensDoors.com

**LEADING MAN:** Palestinian President Mahmoud Abbas' popularity has increased since his Hamas seized control of the Gaza Strip, a new poll finds. If presidential elections were held today, Abbas would win 59 percent, compared to 36 percent for Hamas' deposed prime minister, Ismail Haniyeh.



## World



An Iraqi soldier inspects the scene of a car bombing in Baghdad on Monday. Iraqi Prime Minister Nouri al-Maliki says U.S. military help is still needed for security.

## 9 American Soldiers Reported Killed in Iraq

**Al-Maliki says Iraqi army not ready to take over without U.S. help**

**BAGHDAD** | The U.S. military reported the deaths of nine soldiers Monday — including seven killed in a vehicle accident — and Iraq's prime minister said the nation's armed forces were not ready to fight without American help.

Nouri al-Maliki told Iraq's parliament that the U.S. military is still needed despite what he described as a sharp drop in violence in the Baghdad area since President Bush ordered nearly 30,000 extra troops to Iraq this year.

"We still need more efforts and time in order for our armed forces to be able to take over security in all Iraqi provinces from the mul-

tational forces that helped us a great deal in fighting terrorism and outlaws," al-Maliki said.

In western Baghdad, seven U.S. soldiers were killed in a vehicle accident that also claimed the lives of two detainees, the military said. Eleven soldiers from Multinational Division-Baghdad and one detainee were also injured in the west Baghdad accident, the military said without giving further details. The U.S. statement made no mention of hostile fire and did not specify the neighborhood.

Another U.S. soldier was killed and two were injured when their vehicle overturned east of the capital, the military said in a statement. The military also said a soldier died Sunday of wounds suffered in fighting near Kirkuk in northern Iraq. (AP)

## Poll: Surge Has Worsened Security

**WASHINGTON** | Overwhelming numbers of Iraqis say the U.S. troop buildup has worsened security and the prospects for economic and political progress in their country, according to a poll released Monday that provides a strikingly bleak appraisal of the war.

Forty-seven percent want American forces and their coalition allies to leave the country immediately,

the survey showed, 12 points more than said so in a March poll as the troop increase was beginning. And 57 percent — including nearly all Sunnis and half of Shiites — said they consider attacks on coalition forces acceptable, a slight increase over the past half-year.

The poll was conducted by ABC News, the BBC and Japan's public broadcaster NHK. (AP)

## S. Africa's Biko in Fashion

Popular use of images of anti-apartheid hero stirs debate on respect

**JOHANNESBURG, SOUTH AFRICA** | T-shirts bearing the image of Steve Biko, the symbol of black resistance worldwide who was killed by apartheid police, can be found for sale at flea market stalls and exclusive boutiques across South Africa.

The question is whether the latest fashion is a sign the post-apartheid youth culture is embracing Biko's message of racial pride and African unity, or just crass commercialization of one of the most important figures in South African history.

Biko, 30, died of a brain injury in a cell in Pretoria Central Prison on Sept. 12 1977, after being beaten and tortured by apartheid police. The 30th anniversary of his death is to be commemorated this week with events that include a speech by President Thabo Mbeki.

At 22, Kenneth Mulaudzi was



**ICONIC:** Store manager Sicelo Dubazane wears a T-shirt with an image of late black consciousness movement leader Steve Biko in a boutique in Johannesburg.

still a boy when apartheid ended in 1994. In a Johannesburg store over the weekend, Mulaudzi eyed a \$28 T-shirt bearing Biko's image.

"It's not just a fashion statement. It is also a political statement," Mulaudzi said defiantly. "Young people are proud of him. He is a hero. He fought for us."

But Johannesburg-based aca-

demic and cultural commentator Achille Mbembe, who is delivering a lecture in Biko's honor this week, doesn't see fashion as a fitting tribute.

"I think South Africa could commemorate Biko's contribution to black emancipation in more powerful ways," he says.

CELEAN JACOBSON (AP)



## ASK BETSY

About Student Loans

### The Cost of Withdrawing from School

Dear Betsy,

I hope you can shed some light on my student loan situation. I enrolled in a school that, from the beginning, let me know if I wanted to cancel or withdraw, I could do so after the first class, which I ended up doing. After two months, the school sent me a letter stating I owed \$75 for an application fee. I am currently enrolled in another college and was looking at my loan history on the National Student Loan Data System (NSLDS), which shows that I have \$6,000 in loans from my previous school. I have tried asking my previous school for an explanation, but have gotten nowhere. My current school has not been able to assist me either.

My questions are:

- Do I really have to pay \$6,000 or more for a class I withdrew from?
- Is this affecting my financial aid at my current college?

I really hope you can help.

Desperate and confused, Karen

Dear Karen,  
Colleges generally have strict policies about adding or dropping classes, and the timeframe for doing so, in order to ensure that you are not charged for a class you don't want to take. These policies must be provided to you by the school upon request and are usually posted on the school's website, as well. The usual process is that

This column, contributed by American Student Assistance®, a non-profit that provides student loan borrowers with the education and encouragement they need to successfully manage their debt, is published in the Express each month. You can "ask Betsy" questions about applying for student loans, repaying your loans, or what to do if you're having trouble paying your loans back. E-mail your questions to [askbetsydc@amsa.com](mailto:askbetsydc@amsa.com).



you must fill out an add/drop form and submit it before the deadline. Each school has a different policy when it comes to adding and dropping, but the general rule is that you have to withdraw from the class within the first few weeks in order to receive any reimbursement of funds. Dropping a class after that deadline may result in only a partial refund, or perhaps none at all.

The \$75 fee that you described sounds like a general college application fee. This is the fee that the college charges you to process your transcripts when you apply to the school. This is almost always non-refundable, whether you stay in a class or not, and schools usually include a statement on their application forms that mentions this, so as to avoid confusion later.

I would recommend that you contact your school again and ask them to clarify the policy for adding and dropping classes. If you did follow their procedure within the required timeframe, you will want to work with them to ensure you receive an appropriate refund of loan funds.

Please let me know if you have any further questions, and thank you for writing.

Regards,  
Betsy

### When a Parent Borrower Dies

Dear Betsy,  
My father passed away a few months ago. While going through his bills and records, I found he

had taken out a few PLUS loans in his name for my brother and me. I fully intend on paying these but need a few months to get the estate together before I am able to do so. I called the lender to ask for forbearance and was told, because I was not the borrower, I couldn't apply for the forbearance. I suppose I shouldn't care about this as there is no credit to ruin, but my mother is starting to receive calls for collection, and I would like that to stop. Is there anything I can do?

Thank you,  
Kelly

Dear Kelly,  
First, let me extend my sympathies to you and your family. Federal PLUS loans are fully dischargeable upon the death of the borrower. If you contact the lender and let them know your father has passed away, they will immediately put the loans on "hold" for 60 days. For discharge, you will need to send them an original death certificate (not a photocopy) as soon as possible. Once it is received, they will fully discharge the loans effective immediately. Any payments you may have sent since the discharge will also be returned to you, so make sure they have the appropriate address.

Regards,  
Betsy



Have a question about student loans? E-mail me at [askbetsydc@amsa.com](mailto:askbetsydc@amsa.com)



10% OFF  
with this ad

**BEFORE**

- Evening and Saturday Appointments
- Most Insurance accepted
- Free cosmetic consultation
- Free implant, Lumineer and Invisalign consultation
- One block from ROSSLYN METRO
- Emergencies seen same day

**AFTER**

**Rosslyn Dental Center**  
1800 N. Kent St. #100 | Arlington, VA 22209 | 703-807-0808

**Introducing The Latest  
Technology In Comprehensive  
Dental & Orthodontic Care**

- Implants
- Emergency Care
- Dental Check-Ups
- Crowns & Bridges
- Root Canal Therapy
- Oral Surgery
- Periodontics
- Cosmetic Dentistry
- Orthodontics
- Digital Computerized X-Rays
- Intra-Oral Camera/Video Imaging
- EVENING HOURS BY APPOINTMENT
- 18 Months Interest FREE**  
Payment Plans Thru August 2007

**All In One Facility**

1 block away from  
Foggy Bottom Metro  
Station

FREE CONSULTATION  
ON LUMINEERS BY  
CERINATE

Free Orthodontic &  
Implant Consultation

3 Washington Circle, NW

Suite #306

Washington, DC 20037

**202.775.0167**

[www.kstreetdental.com](http://www.kstreetdental.com)

Now that  
there's  
a choice,  
which  
would you  
choose?

Straight Teeth. No Braces.  
PREMIERE INVISALIGN PROVIDER  
(top 5% Nationwide 2005)

**K Street Dental &  
Orthodontic Group**  
Dr. A. Shouhayib & Associates

308 Main Street  
Gaithersburg, MD 20878  
Beside Whole Foods  
**301.977.9787**

[www.kstreetdental.com](http://www.kstreetdental.com)



**GEORGETOWN UNIVERSITY**

PROFESSIONAL DEVELOPMENT



Increase your competitiveness now.

Register today at [cpd.georgetown.edu](http://cpd.georgetown.edu) or call (202) 687-7000

- Accounting and Finance
- Advertising
- Arts & Culture
- Business and International Business
- Coaching
- Communications and Writing
- Entrepreneurship
- Ethics and Governance
- Financial Planning
- Franchise Management
- Government and International Affairs
- Human Resources
- Information Technologies
- Journalism
- Languages
- Senior Executive Leadership
- Marketing
- Museum and Exhibition Design
- Negotiation and Dispute Resolution
- Paralegal Studies
- Project Management
- Public Relations
- Real Estate

Fall registration is open for over 24 Professional Development Certificate Programs and over 290 Courses at our Arlington campus on the metro line. Upgrade your professional skills and knowledge of the most contemporary and effective practices in your field. Courses begin soon so enroll today.

**FOR MORE INFORMATION**  
Please call 202.687.7000  
or visit [cpd.georgetown.edu](http://cpd.georgetown.edu).

SCHOOL OF CONTINUING STUDIES

SCREENER TEACHER SALES REP GRAPHIC ARTIST  
MAR To advertise a job in Express, call 202-334-4100. JCEP  
ADMINISTRATIVE ASSISTANT CHIEF ENGINEER

# Money

# TV, Web Draw Battle Lines

Duel looms over using unused airwaves for better Internet access

WASHINGTON | Television broadcasters on Monday launched an advertising campaign to fight a technology industry proposal to transmit high-speed Internet service over unused airwaves.

The National Association of Broadcasters, which is worried about possible interference with over-the-air TV programming, said TV spots will air in the Washington, D.C., area and print ads will run in Capitol Hill publications for several weeks.

The ad blitz is aimed against an initiative by a high-technol-

ogy coalition that seeks federal regulatory approval for a prototype device that could transmit high-speed Internet, or broadband, service over unlicensed and unused TV spectrums, also known as "white spaces."

The technology coalition — which includes Microsoft Corp., Google Inc., Dell Inc., Hewlett-Packard Co., Intel Corp., EarthLink Inc. and Philips Electronics North America Corp. — said the devices could make Internet service more accessible and affordable, especially in rural areas, and also could spur innovation.

But the NAB, whose members include Walt Disney Co.'s ABC division and Univision Communications Inc., is fearful such devices could

interfere with millions of TV sets.

"While our friends at Intel, Google and Microsoft may find system errors, computer glitches and dropped calls tolerable, broadcasters do not," said NAB Chairman Alan Frank, president of Post-Newsweek Stations, in a statement.

Broadcasters said they are not against new technology and support alternative means of providing broadband service in underserved rural areas.

According to its timetable, the Federal Communications Commission could adopt rules for operating unlicensed devices in the white-space spectrum by October and start certifying similar devices that meet technical requirements. (AP)

## In Brief

**NEW YORK**

### Dollar Trading Near Record Lows Against the Euro

The dollar fell near record lows Monday against the euro, weighed down by last week's disappointing U.S. jobs data and chances that an interest rate cut by the Federal Reserve is on the way. The euro traded as high as \$1.3816 before slipping

back to \$1.3808 in late trading. That was still above the \$1.3768 it bought late Friday, and not far short of the 13-nation currency's all-time high of \$1.3852. Lower interest rates, used to jump-start the economy, can weaken a currency by giving investors lower returns on investments denominated in it. (AP)

**SAN JOSE, CALIF.**

### Apple Sells Millionth iPhone After Slashing Its Price

Apple Inc. sold its millionth iPhone

over the weekend, days after it slashed the price by a third to spur sales. The milestone was reached weeks earlier than expected and sent shares of Apple up \$4.94, or 3.8 percent, to \$136.71. The stock regained some of the ground it lost after the price cut spooked investors as a sign of weak demand and slimmer margins. It took just 74 days for the combination cellphone-iPod to hit the 1 million mark, which Apple had said it would achieve by the end of September. (AP)

## Market Action

**New York Stock Exchange**

**Gainers**

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
KMG Am	5.81	+2.32	+66.5
CPI	42.53	+4.56	+12.0
DoralFn rs	20.10	+2.15	+12.0
NtwkEq	12.78	+1.24	+10.7
VMware n	76.76	+7.26	+10.4

**Losers**

KrispKrm	3.24	-.67	-17.1
BearingP If	4.89	-.76	-13.5
WestwOne	2.43	-.30	-11.0
CBRE Rlt n	4.82	-.57	-10.6
StdPac	8.04	-.91	-10.2

**Rates**

	CURRENT	PREVIOUS WEEK		TODAY	PREVIOUS DAY	YEAR AGO
Prime Rate	8.25	8.25		4.931	.4931	.5362
Fed Funds close	4.94	5.00		1.0525	1.0554	1.1204
3-month disc	3.80	4.35		0.7242	.7263	.7889
2-year	3.83	4.12		113.56	113.34	116.87
10-year	4.32	4.55		11.1335	11.1480	11.0120
30-year	4.64	4.84		33.16	33.15	32.83

**NASDAQ Stock Market**

**Gainers**

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
InnoCrd nh	3.35	+.68	+25.5
EuroTech	3.28	+.54	+19.7
Caraustar	4.75	+.72	+17.9
Pharmst n	12.00	+1.60	+15.4
Iomai	1.90	+.05	+2.7

**Losers**

Replgn	4.12	-.89	-17.8
Cardica	8.40	-.52	-15.3
Clearwire n	23.03	-.34	-13.0
StratusPrp	26.10	-.354	-11.9
AvalonPh	5.10	-.67	-11.6

**Currency (Dollars in foreign currency)**

British Pound	.4931	.4931	.5362		
Canadian Dollar	1.0525	1.0554	1.1204		
European Euro	0.7242	.7263	.7889		
Japanese Yen	113.56	113.34	116.87		
Mexican Peso	11.1335	11.1480	11.0120		
Taiwanese Dollar	33.16	33.15	32.83		

DOW	NASDAQ	S&P 500
+14.47 +0.11 13127.85	-6.59 -0.26 2559.11	-1.85 -0.13 1451.70

**Biotech Stocks**

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	51.04	+.14	-25.3
Amylin	48.51	+.47	+34.5
BiogenIdec	65.22	-.56	+32.6
Celgene	66.13	+.16	+14.9
ChRvLab	53.00	-.14	+22.5
Genentech	79.15	+.06	-2.4
Genzyme	62.95	+.05	+2.2
GileadSci s	37.45	-.21	+15.4
Illumina	49.32	+.232	+25.5
Imclone	37.93	+.19	+41.7
Invitrogen	80.31	+.31	+41.9
MillPhar	9.84	-.11	-9.7
QIAGEN	17.07	-.07	+12.8
Techne	62.81	-.190	+13.3
VertxPh	39.85	+.10	+6.5

12.75

**The amount, in dollars, of the new hourly wage for county employees approved Monday by the Fairfax County Board of Supervisors. Those eligible are full-time benefit workers in maintenance, custodial and administrative positions.**

Local

## In Brief

LARGO, MD.

**Six Flags Investigates Roller Coaster Malfunction**

Six Flags America in Largo is investigating what may have caused a roller coaster to automatically shut down, stranding riders. A ride called "Two-Face: The Flip Side" shut down Sunday. Park officials say an unknown malfunction triggered a switch to stop the ride. There were no injuries, but two passengers asked to be taken to a hospital as a precaution. (AP)

RHODESDALE, MD.

**Town Councilman Is Killed In Hit-and-Run Accident**

Maryland State Police are investigating a hit-and-run accident in Rhodesdale that killed Brookview Town Councilman Russell Powell. Police say he was struck Friday evening while riding along Route 331 on a motorized scooter. Powell was flown to Peninsula Regional Medical Center in Salisbury, where he was pronounced dead. The other vehicle fled the scene. (AP)

BALTIMORE

**Coalition of Ministers Endorse Dixon for Mayor**

One day before Baltimore's Democratic primary, a coalition of ministers has endorsed Mayor Sheila Dixon and City Council President Stephanie Rawlings-Blake. The Rev. William Calhoun, president of the Interdenominational Ministerial Alliance of Metropolitan Baltimore, says Baltimore needs experienced leaders who can continue the city's progress. In particular, he says, it is "not the time for a novice" in the council president's office. (AP)

EASTON, MD.

**Fire That Killed 2 Teens, 1 Adult Ruled Accidental**

Autopsies for three people killed in a Talbot County fire have concluded the victims died accidentally from thermal injuries and smoke inhalation. The fire killed 20-year-old Kennedy Fitzgerald, his 18-year-old sister Margaret and his 19-year-old girlfriend Christine Maier, Aug. 18 in the Arcadia Shores community. (AP)

# Possible UMd. Hate Crime Probed

**Noose found hanging near building housing black campus groups**

COLLEGE PARK, MD. | University of Maryland police were investigating a possible hate crime after what appeared to be a noose was reported hanging in a tree near a building that houses several black campus groups.

The rope was found between

the school's student union and the Nyumburu Cultural Center, where organizations such as the Black Faculty and Staff Association and the Black Explosion newspaper are based. Police say the location suggests the incident is racially motivated.

"We are starting out with the assumption that it was a hate crime," campus police spokesman Paul Dillon said Monday. Witnesses reported seeing the 3-foot-long

rope Thursday morning. The rope had a 3-inch diameter noose tied at its end and was reportedly 10 to 12 feet up in the tree, he said.

The rope was removed and destroyed by campus maintenance workers before police had a chance to see it, Dillon said. But the depart-

ment has photos and several witness accounts.

The rope may have been in the tree for as long as two weeks, he said. University President C.D. Mote Jr. said in a statement that the discovery was "of great concern."

"The possibility that this act appears intended to bring to mind the horrific crime of lynching, which is such a terrible and tragic part of our nation's past, is particularly abhorrent," Mote said. (AP)

**WASHINGTON | FENTY TAKES A RIDE**

LATEEF MANGUM/COURTESY OF MAYOR

**HE'S JUST LIKE US!** Mayor Adrian Fenty steps off a Metrobus Monday to attend a news conference to promote D.C.'s "No Car Day," which is Sept. 18.

## The Lotteries

**Monday, Sept. 10****DISTRICT**

Mid-day Lucky Numbers	<b>6-5-7</b>
Evening Lucky Numbers (Sun.)	<b>9-2-1</b>
Mid-day DC 4	<b>8-4-2-3</b>
Evening DC 4 (Sun.)	<b>0-4-7-8</b>
Rolling Cash Five (Sun.)	<b>2-19-20-28-33</b>
Daily 6 (Sun.)	<b>12-17-25-29-33-37</b>
<b>Bonus: 23</b>	

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

**MARYLAND**

Mid-day Pick 3	<b>9-6-9</b>
Evening Pick 3 (Sun.)	<b>2-6-3</b>
Mid-day Pick 4	<b>5-9-6-8</b>
Evening Pick 4 (Sun.)	<b>0-9-0-7</b>
Match 5 (Sun.)	<b>9-14-21-26-36</b>
<b>Bonus: 29</b>	

**VIRGINIA**

Mid-day Pick 3	<b>9-6-2</b>
Evening Pick 3 (Sun.)	<b>3-5-9</b>
Mid-day Pick 4	<b>3-3-9-7</b>
Evening Pick 4 (Sun.)	<b>1-0-6-5</b>
Mid-day Cash 5	<b>1-2-9-22-34</b>
Evening Cash 5 (Sun.)	<b>1-7-8-17-22</b>

# Scholar Returns After Imprisonment in Iran

WASHINGTON | An Iranian-American scholar recently freed after spending more than three months in an Iranian prison on spy charges called Monday for greater dialogue between the United States and Iran.

Speaking on her first day back at work at the Woodrow Wilson International Center for Scholars, Haleh Esfandiari also described the 105 days she spent in prison for allegedly trying to undermine the country's Islamic government.

Esfandiari, 67, said she bore

no grudge toward Iran and was not mistreated. But she expressed frustration that Iranian intelligence officials mistakenly believed her work as head of the nonpartisan Wilson Center's Middle East program was part of a larger U.S. attempt to bring about a nonviolent revolution in Iran.

Esfandiari returned to her suburban Washington home Thursday, nearly nine months after she left in December for what she thought would be a short visit to see her mother in Tehran. (AP)

# MEGA MILLIONS

**DRAWINGS TUESDAY AND FRIDAY****\$26****MILLION**

Estimated Annuitized Jackpot

Play at  
your favorite  
Maryland or Virginia  
Lottery retailer.

Top Prize Chances: 1 in 176 Million  
[www.mdlottery.com](http://www.mdlottery.com) • [www.valottery.com](http://www.valottery.com)

FREE  
FREE  
FREE

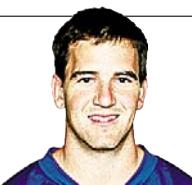
Buy Sundays,  
Get Weekdays **FREE!**

Call **1-888-562-0104**, Ext. 31  
or visit **washingtonpost.com/subscribe**

**The Washington Post**

**If you don't get it, you don't get it.**

**GIANT PROBLEM:** Giants quarterback Eli Manning suffered a separated shoulder on Sunday and will be sidelined at least a month, ESPN reported, citing sources. Giants spokesman Pat Hanlon denied the report, saying, "Don't be shocked if you see him playing on Sunday."



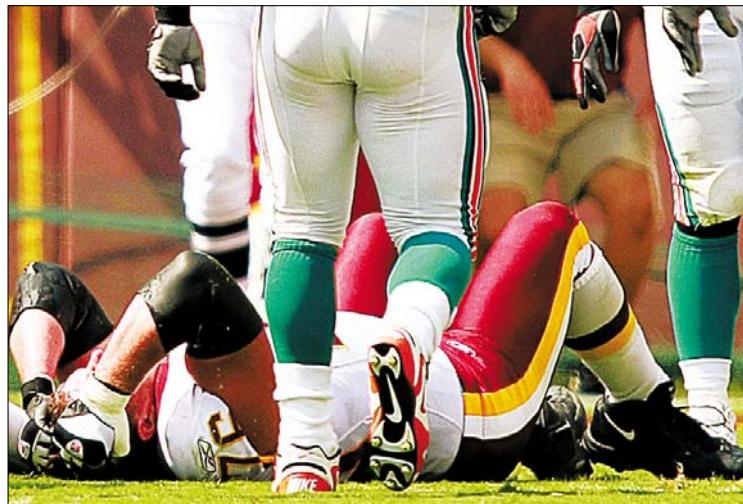
## Sports

# Broken Ankle Spells Season's End

Jansen will likely sit 4 months after surgery to repair fracture

**REDSKINS** | Right tackle Jon Jansen will undergo surgery to repair his fractured fibula and dislocated right ankle this week, an injury the Washington Redskins expect to effectively end his season. Coach Joe Gibbs said yesterday he has not decided whether veteran Todd Wade or undrafted rookie Stephon Heyer will take Jansen's spot Monday night in Philadelphia.

Jansen, a second-round draft pick in 1999 and the longest-serving player on the roster, was hurt early in the second quarter of the Redskins' season-opening victory Sunday, when Miami Dolphins linebacker Zach Thomas rolled up on his legs. The severity of the injury



**BAD BREAK:** Right tackle Jon Jansen lies on the ground in pain after breaking his right ankle. The injury will keep Jansen out four months, effectively ending his season.

was immediately apparent, Jansen said, and excruciatingly painful.

Although doctors reset the ankle on the field, the extent of the liga-

ment damage will not be known until surgery, which will take place Wednesday or Thursday. Jansen's ankle was twisted in the wrong

direction after the injury.

Gibbs said the injury is similar to the broken leg guard Randy Thomas suffered in 2005, and the prospects of a full recovery look good. "It's just one of those things that can happen," Gibbs said. "You hate it."

Jansen believes he will be ready to resume playing in roughly four months. He will spend six weeks in a cast and on crutches, after which he will wear a walking boot and should be able to put some weight on the ankle. Within 12 weeks after surgery, he should be cleared to run and after three to four months, he should be able to train fully.

Surgery could reveal more extensive ligament damage, which would affect the recovery.

"It's frustrating because it's

another lost year, and it's a year where I really felt the Redskins are going to take a big step forward, and I really felt like I was in great shape," Jansen said.

Heyer, an undrafted free agent who played college football at Maryland, is raw, but did well Sunday given his abrupt entrance and lack of experience. He also filled in for injured left tackle Chris Samuels in the preseason. Wade has been a proven NFL tackle when healthy, and received a two-year, \$6.2 million contract this offseason for precisely this situation. Wade said he believes he will take over for Jansen after getting "a nod" from Gibbs and associate coach Al Saunders. Gibbs said only that Wade "will play a big role for us."

"It's just a matter of us kind of seeing what's best for the team," Gibbs said. JASON LA CANFORA (THE WASHINGTON POST)

## Hokies Hand Ball to Frosh QB Taylor

**HOKIES FOOTBALL** | Freshman quarterback Tyrod Taylor will get his first start Saturday when No. 18 Virginia Tech plays host to Ohio.

Taylor replaced starter Sean Glennon late in the first half of the Hokies' 48-7 loss to No. 2 LSU. Glennon, a junior who started the last 15 games, will be in a backup role.

"This is not a reflection on Sean," coach Frank Beamer said. "He's put so much into his preparation, and he's such a competitor. We just feel like with this football team and our offense, Tyrod fits our personnel better right now."

Taylor led Tech on its lone scor-

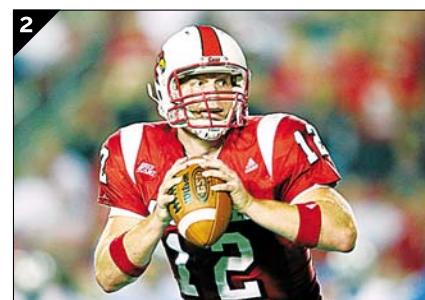


Hokies frosh Tyrod Taylor completed seven of 18 throws for 62 yards Saturday.

ing drive in Baton Rouge. He had 44 rushing yards, including a 1-yard touchdown, and was 7-of-18 for 62 yards in the air. (AP)

## HEISMAN HOPEFULS

**1** **Darren McFadden**, RB, Arkansas, was off this week, but remains the favorite. **2** Louisville QB **Brian Brohm** established himself as the quarterback to beat, throwing for 401 yards and five TDs in Saturday's win — and Louisville needed every point. **3** **Ray Rice** (RB, Rutgers) ran for 175 yards this week. He leads the nation in rushing and has scored five times. **4** **DeSean Jackson** continues to prove he is college football's most explosive player. On Saturday, he scored on a 73-yard run. (EXPRESS)



# FANTASTICAL!

- USA Today



Video preview at: [www.myspace.com/cirquedreamsjunglefantasy](http://www.myspace.com/cirquedreamsjunglefantasy)

**STARTS TONIGHT!**  
**ONE WEEK ONLY! • Sept. 11-16**

**DON'T MISS THE DC PREMIERE!**

WARNER THEATRE  
13th & E Streets, NW  
A Live Nation Venue

presentation

ticketmaster

**For Tickets:**  
**Maryland 410-547-SEAT**  
**DC 202-397-SEAT**  
**Virginia 703-573-SEAT**  
**Out of state 800-551-SEAT**

**ticketmaster.com**  
**Groups 20+ 877-407-8497**



# Depressed?

NIMH is conducting a study to look at how a currently FDA-approved drug, Scopolamine, which is used for motion sickness, can help with depression.

This is a 12-visit outpatient study conducted at the NIH Clinical Center in Bethesda, MD. The drug is given through a patch placed on the skin.

NIMH is seeking Participants:

- Ages 18-50
- Currently depressed
- Not taking medications for at least 3 weeks

## Financial Compensation & Transportation Reimbursement Provided.

Atendemos pacientes de habla hispana.

Call: **301-594-3186**

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: [www.clinicaltrials.gov](http://www.clinicaltrials.gov)

X167K21



06-M-0234

State Farm Small Business Insurance

## LETS YOU STAY CALM...

when things around you aren't.

Owning a business keeps you busy. But protecting your business is as important as running it. That's why, for more than 60 years, small business owners have looked to State Farm for business insurance.

Our agents are small business owners, so they understand what your business needs and how to protect it. Call one of us today and ask for a free quote or a policy evaluation.



**Michael Palmiotto LTCP, Agent**  
3408 Wisconsin Avenue NW, Suite 217  
Washington, DC 20016-3035  
Bus: 202-237-2222



**Jon Laskin, Agent**  
5600 Connecticut Avenue NW, Suite 400  
Washington, DC 20015-2612  
Bus: 202-364-8861



**Angela Evans, Agent**  
528 H Street NE, Suite 2  
Washington, DC 20002-4338  
Bus: 202-547-0008



LIKE A GOOD NEIGHBOR

STATE FARM IS THERE.®

Providing Insurance and Financial Services  
[statefarm.com](http://statefarm.com)

State Farm Fire and Casualty Company; State Farm General Insurance Company - Bloomington, IL; State Farm Florida Insurance Company - Winter Haven, FL  
State Farm Lloyds - Dallas, TX  
P048091 12/04

## Sports

# Everett's Chance Of Recovery Slim

'Catastrophic' injury will likely hamper TE for the rest of his life

NFL | Buffalo Bills TE Kevin Everett sustained a "catastrophic" and life-threatening spinal-cord injury, and his chances of regaining a full range of body motion are very small, an orthopedic surgeon said Monday.

"A best-case scenario is full recovery, but not likely," Dr. Andrew Cappuccino said, one day after performing a four-hour operation on the player. "I believe there will be some permanent neurological paralysis. ... A full neurological recovery was bleak, dismal."

Cappuccino noted the 25-year-old did have touch sensation throughout his body and also showed signs of movement. But he cautioned that Everett's injury remained life-threatening, saying the player is still susceptible to blood clots, infection



DON THOMPSON/AP  
A trainer helps Bills TE Kevin Everett after his injury during Sunday's game.

and breathing failure.

Everett is currently under forced sedation and breathing through a respirator as doctors wait for the swelling to lessen. Cappuccino said it will take up to three days to determine the severity of the injury and the recovery process.

During the operation, Cappuccino repaired a break between the third and fourth vertebrae and also alleviated the pressure on the spinal cord. JOHN WAWROW (AP)



Georgetown  
UNIVERSITY

CENTER for  
PROFESSIONAL  
DEVELOPMENT

## build your IT skills

at our Arlington site on the Metro Line

### CISSP

Starts October 2

Certified Information System Security Professional

### MULTI-CERTIFICATE:

Starts October 10

A+/Network+/MCP/CCNA/Security+

### Oracle 10g Database Administration

Starts October 16

### Web Design and Development

Starts October 20

### Advanced Web Development and ASP.NET

Starts November 27

### MCSE

Starts December 3

Call Program Advisor

at 202.687.4504

or email

[cpdit@georgetown.edu](mailto:cpdit@georgetown.edu)

### Cisco Certified Network Associate (CCNA)

Starts December 5

Call 202-687-4504

<http://cpd.georgetown.edu>

The world ranking of Venus Williams, who moved back into the top 10 after making the semifinals at the U.S. Open last week. It is the first time since Sept. 19, 2005, that both Venus and No. 7 Serena Williams are ranked in the top 10.

# 'Nightmare' for Argentina

Germany dominates club in women's World Cup opener, 11-0

**WOMEN'S WORLD CUP** | Defending champion Germany sent a strong message with its record-breaking 11-0 victory Monday over Argentina in the women's World Cup.

For the top-ranked United States, it serves as a warning heading into its opener Tuesday against North Korea in Group B. The margin of victory was the largest in the women's World Cup, and the goals were the most by a single team.

"It was a nightmare start for our team," Argentine coach Jose Carlos Borrello said.

Veteran forwards Birgit Prinz and Sandra Smisek combined for six goals — three each — as the Germans dominated every part of the Group A match over their smaller opponents.

Prinz, playing in her 165th game for Germany, scored with a thumping header, knocked in a loose ball



Germany's Sandra Smisek celebrates after the second of her three goals.

at the far post, and then slipped a glancing header past Argentine goalkeeper Vanina Correa.

Prinz's 12th overall goal in the World Cup finals equaled American Michelle Akers' record for World Cup goals and surpassed the previous German record of 11.

"It was easier than expected,"

## Today's Matches

USA  5a.m. | ESPN2 N. KOREA

JAPAN  8a.m. | ESPN ENGLAND

NIGERIA  8a.m. | ESPN2 SWEDEN

### TOMORROW'S MATCHES

- Ghana vs. Australia, 5a.m.
- New Zealand vs. Brazil, 5a.m.
- Norway vs. Canada, 8a.m.
- China vs. Denmark, 8a.m.

Prinz said. "We had a lot of open space, and we used that space. We took our chances well."

The previous most lopsided scores in the World Cup were 8-0, when Sweden beat Japan in 1991 and Norway defeated Nigeria in 1995. SCOTT MCDONALD (AP)

# Swengali

REDSKINS | BY MATT SWENSON

## Redskins Are As Advertised

**ONE WIN INTO THE SEASON**, the Redskins are exactly the team we thought they were.

Washington has a strong defense and a good running attack, but Jason Campbell is going to be up-and-down while he adjusts to life as an NFL quarterback. There were plenty of encouraging signs Sunday.

Even after losing Jon Jansen, Washington ran the ball well. Clinton Portis, in particular, looked to be at ease with the two-back system, in which he and Ladell Betts carried the ball 17 times each.

Assistant coach Al Saunders mixed in the pass quite nicely. Antwaan Randle El may not have many days quite as big as his 162-yard performance on Sunday. Then again, Santana Moss won't drop multiple passes very often, and Chris Cooley will help pick up the slack once more

balls are thrown his way.

Defensively, it was a return to form for Gregg Williams' unit.

The linebacking corps, in particular, has improved. Rocky McIntosh showed an infectious energy, collecting a sack and forcing a fumble. London Fletcher was a force in the middle, as well.

If there is one thing to nitpick, it's the lack of turnovers. Fred Smoot did his best Carlos Rogers

**Fred Smoot did his best Carlos Rogers impersonation, dropping a surefire interception.**

impersonation, dropping a surefire interception that would have been returned for a touchdown.

Enjoy the win, Redskins fans. There will be more this season, but work needs to be done before Washington is a playoff team.

 To reach Matt Swenson, e-mail matt.swenson@readexpress.com

# express → automobile dealers

 Cadillac

**CAPITOL CADILLAC**  
Greenbelt, MD 301-441-9600  
6500 Capitol Drive • www.capitolcadillac.com

**MOORE CADILLAC**  
Tysons Corner 703-790-0950  
8595 Leesburg Pike • www.moorecadillac.com

 CHEVROLET

**KOONS CHEVY TYSONS**  
Vienna, VA 888-383-8200  
2000 Chain Bridge Rd • www.koonts.com

 Ford

**CASTLE FORD**  
Silver Spring 866-369-9999  
3111 Automobile Blvd • www.trycrystal.com

**JERRY'S FORD**  
Annandale, VA 703-256-5000  
6510 Little River Turnpike • www.JerrysFord.com

 Ford

**KOONS FORD OF ROCKVILLE**  
Rockville 877-518-1747  
718 Rockville Pike • www.koontsford.com

**KOONS STERLING FORD**  
Alexandria, VA 888-342-7300  
46869 Harry Byrd Hwy • www.koonts.com

**OURISMAN WORLD OF FORD**  
Alexandria, VA 703-660-9000  
6129 Richmond Hwy • www.ourismanford.com

 HONDA

**BILL PAGE HONDA**  
Falls Church 1-866-391-8562  
6715 Arlington Blvd • www.billpagehonda.com

 HUMMER

**MOORE CADILLAC HUMMER**  
Chantilly 866-362-5357  
25440 Pleasant Valley Rd • moorehummer.com

 Jeep

**JERRY'S JEEP OF MANASSAS**  
MANASSAS 703-631-1181  
8820 Centreville Rd • www.jerrysjeep.com

 LEXUS

**LEXUS OF SILVER SPRING**  
Silver Spring, MD 800-266-4874  
2505 Prosperity Terr • www.lexusofsilverspring.com

 Lincoln/Mercury

**JERRY'S Lincoln Mercury**  
MANASSAS 703-631-1181  
8820 Centreville Rd • www.jerryslmjeep.com

 Mercedes-Benz

**EURO MOTORCARS GERMANTOWN**  
Germantown, MD 240-686-1300  
19750 Germantown Rd • euromotorcarsgermantown.com

 Mercedes-Benz

**EURO MOTORCARS BETHESDA**  
Bethesda, MD 301-986-8800  
7020 Arlington Rd • Buying/Internet Services Welcome

 NISSAN

**DARCARS NISSAN/VW**  
College Park, MD 20740 301-441-8000  
9330 Baltimore Ave • www.darcars.com

 SCION

**DARCARS NISSAN/VOLVO**  
Rockville, MD 301-309-3900  
15401 Frederick Road • www.darcars.com

more cars on the net

 cars.com

@washingtonpost.com

 TOYOTA

**355 TOYOTA**  
Rockville, MD 301-309-3917  
15131 Frederick Road • www.darcars.com

**ALEXANDRIA TOYOTA**  
Alexandria 703-684-0700  
3570 Jeff Davis Hwy • www.alexandriatoys.com

**KOONS ARLINGTON TOYOTA**  
Arlington 888-837-8657  
4045 Lee Highway • koons.com

**KOONS TYSONS TOYOTA**  
Vienna, VA 888-505-1137  
8610 Leesburg Pike • www.koonts.com

 VOLKSWAGEN

**ALEXANDRIA VW**  
Alexandria 888-683-3064  
107 W. Glebe Rd. • www.alexandriavw.com

**BROWN'S VW OF MANASSAS**  
Manassas, VA 703-257-6002  
8846 Mathis Ave. • www.manassasvw.com

# Train to be a MEDICAL ASSISTANT

Open career doors with a  
**Diploma**  
in as few as 7 months!



...or open doors wider with a  
**Degree**  
in as few as 14 months!



Financial Aid If You Qualify  
Day, Evening or Weekend Training  
Career Placement Assistance

## 1(888)407-8222

Programs and schedules vary

Certified by SCHEV

WHERE JOBS AND JOB SEEKERS MEET.



THE WASHINGTON POST  
**MEGA CAREER FAIR**

**THURSDAY, SEPTEMBER 13**  
11 a.m.-6 p.m. — 2 locations!

Pre-register, submit your resume online, and get more information at [www.washingtonpost.com/careerfairs](http://www.washingtonpost.com/careerfairs). A partial list of participating companies will be available online two weeks prior to the fair.

For an updated list of participating employers, be sure to look in the employment section of The Washington Post on Sunday, September 9, 2007. The pullout program guide for this event will appear in Express, The Washington Post's free daily paper, on Monday, September 10.

Contact: 877-842-3976 x17 or [admin@expoexpertsllc.com](mailto:admin@expoexpertsllc.com) with questions.

► **LOCATION 1**  
**Sheraton Premiere Tyson's Corner**  
**8661 Leesburg Pike, Vienna, VA**

### Pavilion 1

Engineering,  
Information Technology,  
Govt. Agencies & Security  
Clearance  
(Candidates must have 2 years of related  
industry experience and degree or military  
background and US citizenship)

Featuring  
3  
Pavilions!

### Pavilion 2

**Cleared Only** (Candidate must have  
2 years of related industry experience and active  
security clearance within past 24 months)

### Pavilion 3

Professional, Not for Profit/  
Associations, Education

► **LOCATION 2**

**Fairview Park Marriott**  
**311 Fairview Park Dr.**  
**Falls Church, VA**

### Pavilion 4

**Health Care Only** (Medical related  
experience required)

**The Washington Post**  
[washingtonpost.com](http://washingtonpost.com)

J570 3x5

## Travel smarter

Tips and inside info.  
Travel.

Wednesdays in Express.

**express**

A publication of The Washington Post



XX566 3x2

## Sports

# As a Father, Tiger Keeps on Winning

Woods has only picked up his already torrid pace in recent weeks

**GOLF** | The massive gallery chasing Tiger Woods around Cog Hill included his wife, Elin, who was on the golf course for the first time since giving birth to their daughter. It was a sign they are settling back into a routine, even if Woods never got out of one.

He's still winning.

For those wondering how fatherhood might affect him, Woods is 56 under par in the six tournaments he has played since Sam Alexis was born a day after the U.S. Open. That includes three victories, one of them a major, and another milestone.

Woods doesn't keep track of the numbers, so he was mildly surprised to learn that his two-shot victory over Aaron Baddeley in the BMW Championship on Sunday was



Tiger Woods, 31, won his 60th tourney this weekend in just his 11th season.

No. 60 in a PGA Tour career that began 11 years and 13 days earlier.

Only four other players have won that many times — Sam Snead, Jack Nicklaus, Ben Hogan and Arnold Palmer — and no one has reached that number so quickly. Woods is 31. Nicklaus was 35 and in his 14th season on tour when he won his 60th.

"I never, ever would have dreamt that this could have happened this soon," Woods said. "I've exceeded my expectations." DOUG FERGUSON (AP)

## TODAY'S TV LINEUP

**NATIONALS (7 P.M. ON MASN)** Mike Bacsik gets the start in another all-important game against the NL East's cellar-dwelling Marlins.

**ORIOLES (7 P.M. ON MASN2)** The Orioles

begin a tough home series against the Angels.

**WNBA (9 P.M. ON ESPN2)** The WNBA season wraps up with the deciding game of the finals between Detroit and Phoenix.

## MLB STANDINGS

THROUGH SEPT. 9'S GAMES

### AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	87	57	.604	—	44-25	43-32
New York	81	62	.566	5.5	47-27	34-35
Toronto	72	70	.507	14	42-27	30-43
Baltimore	61	81	.430	25	31-40	30-41
Tampa Bay	60	83	.420	26.5	35-40	25-43

### CENTRAL

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Cleveland	83	60	.580	—	44-27	39-33
Detroit	77	66	.538	6	38-33	39-33
Minnesota	70	73	.490	13	37-35	33-38
Kansas City	62	80	.437	20.5	31-40	31-40
Chicago	61	82	.427	22	31-38	30-44

### WEST

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Angels	84	59	.587	—	49-25	35-34
Seattle	75	66	.532	8	41-27	34-39
Oakland	69	75	.479	15.5	36-35	33-40
Texas	68	74	.479	15.5	42-32	26-42

### NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	81	61	.570	—	38-30	43-31
Philadelphia	75	67	.528	6	41-30	34-37
Atlanta	73	70	.510	8.5	38-36	35-34
Washington	64	79	.448	17.5	36-35	28-44
Florida	61	82	.427	20.5	30-41	31-40

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Milwaukee	73	69	.514	—	45-26	28-43
Chicago	72	70	.507	1	38-36	34-34
St. Louis	69	71	.493	3	39-31	30-40
Cincinnati	64	79	.448	9.5	35-37	29-42
Pittsburgh	63	80	.441	10.5	32-39	30-41
Houston	62	81	.434	11.5	36-33	26-48

WEST	W	L	PCT.	GB	HOME	ROAD
Arizona	81	63	.563	—	46-29	35-34
San Diego	77	65	.542	3	40-31	37-34
L.A. Dodgers	75	68	.524	5.5	37-32	38-36
Colorado	74	68	.521	6	43-28	31-40
San Fran.	65	78	.455	15.5	35-36	30-42



**DON'T CALL IT JUNIOR:** The fourth — and perhaps final — installment of the "Indiana Jones" franchise has a title. The new movie, which will be released May 22, 2008, will be called "Indiana Jones and the Kingdom of the Crystal Skull."

## Entertainment

# Back in the Saddle

**Russell Crowe and Brad Pitt bring new life to the Western**

**FILM** | Bandit Russell Crowe and posse volunteer Christian Bale wage a war of wills on the trail in "3:10 to Yuma." Outlaw Brad Pitt is done in by starry-eyed admirer Casey Affleck in "The Assassination of Jesse James by the Coward Robert Ford."

The venerable Western rides again after falling out of favor in a film industry where horses, quick-draw gunfights and saloons with swinging doors seem like quaint relics.

Granted, "3:10 to Yuma" and "Assassination of Jesse James" are only two films among hundreds released each year. Yet it's notable that two Old West tales should arrive together, "3:10 to Yuma" Sept. 7 and "Assassination of Jesse James" two weeks later.

Pitt, who stars as James, takes issue with the term Western, though. "I'm very hesitant to call this a Western, because it's more of a psychological drama, a psychotic breakdown, than anything, which is probably a harder sell than a Western," said Pitt, who plays James as a man succumbing to paranoia as he suspects old accomplices of betrayal.

The Western once seemed as



WARNER BROS. PICTURES

**GO WEST:** Brad Pitt stars as Jesse James in his new film — the second Western hitting screens this year. "3:10 to Yuma" topped the box office this past weekend.

plentiful on the big-screen as buffalo on the 19th-century plains. Now the genre is as scarce as a tumbleweed on the Hollywood Walk of Fame.

James Mangold — director of "3:10 to Yuma," a remake of the 1957 Glenn Ford-Van Heflin tale about a poor rancher who is hired to help escort a captured felon — said the term Western nowadays has a negative ring to it. Audiences often think of Westerns as corny tales of good guys against bad guys, white hats against black hats, Mangold said.

"The simplicity of that is rarely found in Westerns, at least the good ones. It's usually a lot of gray hats, with a very charming villain and a very flawed hero, and a lot of spaces in between," Mangold said.

The genre has earned some good will on the small screen lately, thanks to the acclaimed Western series "Deadwood" and the movie "Bury My Heart at Wounded Knee."

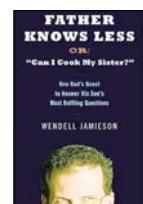
"Assassination of Jesse James" director Andrew Dominik is not a big fan of Westerns but does like the setting they offer for storytellers.

"It's a great period of history, that period of western expansion, the Civil War," Dominik said. "It's pretty extraordinary the way people lived, and it's not often portrayed accurately in cinema." DAVID GERMAIN (AP)

## Today's Top Stops

FOR MORE TOP STOPS AND ENTERTAINMENT FEATURES, VISIT READEXPRESS.COM

### 'FATHER KNOWS LESS' The Name Says It All



Instead of the usual ask-your-mother reply, New York Times editor Wendell Jamieson chose to attack his son's inquisitive nature head-on. "Father Knows Less Or: 'Can I Cook My Sister?'" is the hilarious result of his quest to answer his son's most baffling questions.

→ Olsson's, 1307 19th St. NW; 7 p.m., free; 202-785-1133. (Dupont Circle)



### SINGING AGAIN Moore Than a Pretty Face

With her status as a Hollywood starlet increasing, thanks to roles in successful flicks like "Saved" or "American Dreamz," it's easy to forget that Mandy Moore entered the lime-light behind a microphone. Singing from her new release ("Wild Hope"), Moore reminds fans that she's not just something to ogle.

→ Birchmere, 3701 Mt. Vernon Ave., Alexandria; with Rachael Yamagata, 7:30 p.m., \$29.50; 703-549-7500.

### BEER Good for What Ales You

Ever wondered why the dark stuff is so bitter? Learn to distinguish your lagers from your ales with the DC School of Beer's "ABCs of Beer" course.

→ Arlington Cinema 'n' DraftHouse, 2903 Columbia Pike, Arlington; 7:30 p.m., \$24; 703 486-2345.

### WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com



Beck created a video for every track of his latest album, "The Information."

# The Shrinkage Factor

**Artists cut down on music videos to better suit the Web**

**CHANGE** | The music video is shrinking.

With the music industry in crisis from falling sales and file sharing, labels have less cash to subsidize elaborate videos that will mostly be seen in miniature on computers. The result has been a major shift in the art form, as artists increasingly

embrace the YouTube aesthetic with cheap, stripped-down, low-production videos.

"The business is changing radically. It does feel smaller, cheaper," says veteran music video director Samuel Bayer, whose many clips include Nirvana's "Smells Like Teen Spirit," Blind Melon's "No Rain" and Green Day's "Boulevard of Broken Dreams."

Many artists and directors are now creating videos knowing they'll have to compete for eyeballs on YouTube. OK Go's famous treadmill-choreographed

video for "Here It Goes Again" was perfectly suited for viral distribution, but the power pop band is far from alone in its reconsidered methods.

For his album "The Information," Beck Hansen personally created a video for every track. The silly, lo-fi videos — which ranged from puppet versions of the band to someone dancing in a bear mask and poncho — were posted on YouTube, and many copies of the album included a bonus DVD. JAKE COYLE (AP)

## Entertainment



**THE WRITE STUFF:** Joan Didion, the author and essayist best known for her memoir "The Year of Magical Thinking," will receive an honorary National Book Award medal this fall for her Distinguished Contribution to American Letters.

# The Fall of TV Ratings

## As DVRs change viewers' habits, can networks catch up?

**TELEVISION** | Here's one of the safest bets you'll find this fall: one month into the new television season, the media will be filled with stories about how poorly the networks are doing.

What's a little less certain is whether those stories will actually be true.

The broadcast networks are trying hard to get your attention for a season that kicks off on Sept. 23. ABC is passing out daisies to pedestrians to hawk its new series "Pushing Daisies." CBS is advertis-

ing its Miami-set "Cane" with an ad that smells like mojitos. Every new NBC series can be seen online before they air on television.

Yet if there's a faint odor of desperation in the air, that's understandable. The networks suffered through an alarming spring of poor ratings, followed by a lackluster summer. And it's not like the factors driving those problems have gone away.

Through digital video recorders, video on demand and streaming of programs on iTunes and elsewhere, there's no reason to fear anymore if you can't be in front of the TV Thursday to watch "Grey's Anatomy" live.

The problem is the TV business is used to instant results. Network executives have fax machines in their



**RAISING "CANE":** CBS is counting on Jimmy Smits' "Cane" to be a hit this fall.

bedrooms, or they can call a special number before dawn to hear how many people watched their prime-

time shows the night before.

An estimated one in five American homes with a TV now has a digital

video recorder, a sharp jump from the 12 percent last September, researchers say. Those numbers alone tell you more people will be taping their favorite programs to watch later.

That's bound to make those initial ratings ugly compared to the year before, fueling the notion that viewers are abandoning network TV.

To get a truer sense of how the industry is doing, it's probably better to wait for Nielsen Media Research's measurement of who watches a program within seven days of its first airing. Networks would also be interested in ratings for commercial minutes, and they take three weeks.

But who wants to wait that long when there are snap judgments to be made? "The technology of measuring how many people watch TV has not caught up with how people are watching TV," said Television Without Pity's Sarah Bunting. "They watch. They're just not making appointment television, because that's not really necessary." DAVID BAUDER (AP)

**"My AMU education gives me the edge**

to meet the evolving homeland security challenges I face every day. From psychology of disaster to Arabic language courses, I can apply what I learn at AMU to better fulfill my mission of protecting our community and this country's freedom and ideals."

**Dwayne L.**  
Technician, Federal Government  
Student, Homeland Security Degree Program

Push your mind. Advance your career.

Join Dwayne and 20,000 of his civilian and military classmates who are pursuing bachelor's and master's degrees online at AMU.

Degree programs in national security, emergency management, public administration, international relations, business, and more.

**AMU** American Military University

LEARN MORE AT [amuonline.com/dc](http://amuonline.com/dc)

OR CALL **877.468.6268** (option 2)



**SPOILSPORT:** Kanye West says he will never return to MTV after being shut out at the Video Music Awards on Sunday night. "That's two years in a row, man. ... Give a black man a chance," he said during a tantrum in front of the media and crew backstage as the show was ending.

## Entertainment

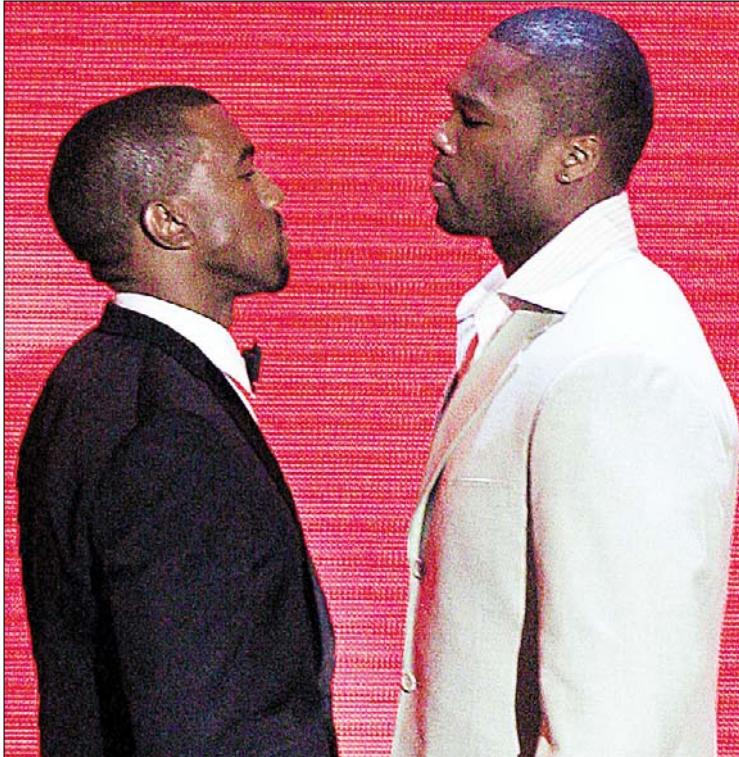
# West KOs Fiddy

**'Graduation'** outdoes **'Curtis'** in the battle of rap's biggest stars

**MUSIC** | Hip-hop's latest battle between two of its biggest egos — Kanye West and 50 Cent — has been building like a title fight in Vegas. Before the Tuesday release of their respective CDs, "Graduation" and "Curtis," 50 challenged West to a televised debate, called him a "worker bee" while describing himself as a "boss," and vowed to retire if West outsold him during their debut week.

In response, West has mostly downplayed Fiddy's bluster, re-channeling it as added publicity for his own release. The two share a Rolling Stone magazine cover posed nose-to-nose, evoking the great showdowns of our time.

If the contest was being judged solely on artistic vision rather than Soundscan tallies, however, West



HEAD TO HEAD: Kanye West, right, towers over 50 Cent — just like with his album.

could claim a landslide victory.

"Graduation" blends a different set of musical influences than West's "The College Dropout" and "Late Registration." Drawing from Daft Punk and Coldplay to loping, back-porch soul and '80s-era electro-disco rhythms, "Graduation" still sounds like a logical step forward.

Yet "Curtis" sounds like Fiddy is standing in place, with the familiar bruising basslines and slick, synth-heavy productions that have transformed the former drug dealer into one of the top-selling recording artists of any genre.

As on his previous releases, West measures his arrogance with self-conscious dollops of doubt, humor and vulnerability. Meanwhile, Fiddy's cockiness sounds like a comfortable artist repeating himself, afraid to tinker with a winning formula.

To wit, on the radio-ready track "Good Life," featuring the digitally enhanced singing of T-Pain, West takes some of his adversary's own advice, paraphrasing from Fiddy's 2003 smash "In Da Club": "50 told me go head switch your style up/ And if they hate, then let 'em hate and watch the money pile up."

BRETT JOHNSON (AP)

## Wyman, 'Belinda' Star, Dies

**APPRECIATION** | Jane Wyman, an Academy Award winner for her performance as the deaf rape victim in "Johnny Belinda," star of the long-running TV series "Falcon Crest" and Ronald Reagan's first wife, died Monday.

Wyman died early Monday at her Palm Springs home, said Richard Adney.

Wyman's age was listed as 93 in several reference books; however, other sources, including the official family Web site, say she was 90.

Wyman's film career spanned from the 1930s, including "Gold Diggers of 1937," to 1969's "How to Commit Marriage." From 1981 to 1990, she played Angela Channing on CBS' "Falcon Crest." (AP)



nine simple numbers  
you learned by age 3  
play  
**su | do | ku**  
The fun addictive logic game—every day!  
XX141a 1x1

**APRENDA**  
**INGLES** *Sanz*  
Se Habla Español  
since 1939  
1(877) 844-2505

## Herniated Disc?

**Washington, DC** - Most people have no idea what to do when they suffer back pain or leg pain from a herniated disc. They use heat, ice, sleep on the floor, stretch, do exercises, and even take pain pills hoping their pain will go away. If you suffer back or leg pain from a herniated disc, don't even think about calling another doctor until you read this newly released FREE report that details the successful treatment of debilitating back pain without drugs, shots, or surgery. If you are sick and tired of suffering, are tired of the medical runaround, and most of all, don't want surgery... call for your free report entitled, "The Severe Back, Sciatica, And Disc Pain Guide" Call **1-800-789-8994** for the toll free 24-hour recorded message. Supplies are limited. If the phone lines are busy visit: [www.discPainInfo.com](http://www.discPainInfo.com)

MARKETING MANAGER LOAN OFFICER PRODUCER  
ADMINISTRATOR CHIEF ENGINEER  
LOCKSMITH HVAC TECHNICIAN REAL ESTATE AGENT  
SALES MANAGER SOFTWARE DEVELOPER ELECTRICIAN  
RECEPTIONIST STAFF ATTORNEY VETERINARY  
TECHNICIAN PROMOTIONS VETERINARIAN  
PHARMACIST COSMETOLOGIST COUNSELOR AIRCRAFT  
MECHANIC ELECTRICIAN ELECTRONIC DESIGNER  
DIRECTOR BRAND MANAGER FINISH CARPENTER  
SOFTWARE DESIGNER ASSISTANT PRESCHOOL  
CONTROLLER DIRECTOR FINANCIAL ANALYST  
**There's a qualified**  
**reading Express.**  
To advertise a job, call **202-334-4100.**  
**express**  
[www.readexpress.com](http://www.readexpress.com)

## Get the Most Complete GRE® Prep Available

- Most realistic practice—6 full-length computer adaptive tests
- Comprehensive printed and online resources to maximize your score
- Top-scoring, expertly-trained instructors
- Kaplan's exclusive Smart Reports with advanced analysis on your performance

Don't settle. Get complete GRE prep.  
Visit [kaptest.com/gre](http://kaptest.com/gre) to enroll today!

HIGHER GRE SCORE GUARANTEED OR YOUR MONEY BACK.\*\*

**KAPLAN** TEST PREP AND ADMISSIONS

\*GRE is a registered trademark of the Educational Testing Service. \*\*Conditions and restrictions apply. For complete guarantee eligibility requirements, visit [kaptest.com/hsg](http://kaptest.com/hsg). †Must enroll in a GRE Classroom, Classroom+5, Extreme, Online Course, or 15-, 25-, or 35-hour tutoring program between September 1 and September 30, 2007. Tutoring students can repeat the Classroom Course only. Cannot be combined with any other offer, rebate, or promotion.

Get 2 free  
hours of private  
tutoring in  
September!\*

search for local jobs  
post your resume  
get hired

**Computers • Laptops • Printers • Monitors**
**NEW; USED; REFURBED; OPEN-BOX; DEMO**


BASIC PENTIUM 3  
DESKTOP SYSTEM  
OR APPLE G3  
iMacs STARTING  
FROM... **\$49!**

DELL GX150 P3 1.0GHZ  
DESKTOP 256MB 20GB  
NIC 98se; Includes  
MONITOR, KEYBOARD &  
MOUSE... **\$99**

PENTIUM 4 1.6GHZ  
MINI TOWER CD 256MB  
20GB NIC XP; Includes  
MONITOR, KEYBOARD &  
MOUSE... **\$149**

ACER 7600G P4  
2.8GHZ (HT) PC  
512MB 80GB CDRW  
NIC & XP PRO WITH  
CRT MONITOR, KEY &  
MOUSE... **\$299**

DELL C610 P3 1.2GHZ  
LAPTOP 256MB 20GB  
CD NIC 56K W2K (ADD  
802.11G WIRELESS for  
\$20)... **\$279**

DELL C640 P4 M 1.8GHZ  
LAPTOP 512MB 20GB  
CDRW NIC 56K W2K (ADD  
802.11G WIRELESS for  
\$20)... **\$379**

**PC RETRO.COM**  
COMPUTER WAREHOUSE

Alexandria (703) 370-5440

Falls Church (703) 821-1400

Glen Burnie (410) 553-6840 • Beltsville (301) 931-6630

Models & Pricing Are Subject To Change.



Back to  
School  
Specials!

## Sleep and Weight Study



Do you usually sleep less than 6 hours a night?

Are you obese?

Are you between 18 and 50 years of age?

If you are interested in learning more about the effect your sleep habits may have on your weight, contact us. You may be eligible for a new and exciting study being conducted at the National Institutes of Health.

- Approximately 7 short visits within approximately 12 months.
- Medical and sleep evaluations at no cost.
- Compensation for participation.
- Visits take place at the National Institutes of Health Clinical Research Center in Bethesda, MD.
- Metro service and validated parking available.

Please call 1-800-411-1222      TTY 1-866-411-1010

Refer to study number 06-DK-0036

<http://clinicaltrials.gov>



National Institute of  
Diabetes & Digestive &  
Kidney Diseases



Is it time to take your  
**HR career to the next level?**

Accelerated, evening and online programs.

**Master of Arts in Human Resource Management**

- Three exciting NEW program options available:
  - > Federal HR track
  - > Online degree program
  - > Accelerated bachelor's to master's.
- Impressive faculty of senior-level practitioners.
- No-nonsense admissions (e.g., GRE/GMAT not required).
- Includes exam preparation courses for PHR/SPHR.

**Small Group Information Session**

Thursday, September 20, 5:30 – 7 p.m.

Location: Pangborn Hall (Brookland/CUA Metrorail stop).

R.s.v.p. at 202-319-5256 or [scullys@cua.edu](mailto:scullys@cua.edu). Visit our Web site: <http://metro.cua.edu>.

REASON. FAITH. SERVICE.



**THE CATHOLIC UNIVERSITY OF AMERICA**  
*Metropolitan College*

**REGAL ENTERTAINMENT**  
**GROUP**

**GALLERY PLACE STADIUM 14**  
701 Seventh St NW  
800-FANDANGO 1721#

**Adv. Tix on Sale** GOOD LUCK CHUCK (R) - ID REQ'D ★

**Adv. Tix on Sale** RESIDENT EVIL: EXTINCTION (R) - ID REQ'D

★ SHOOT 'EM UP (R) - ID REQ'D (110 150 405 445) 700 740 955 1035

SHOOT 'EM UP (R) - ID REQ'D (230 455) 720 945

THE BROTHERS SOLOMON (R) - ID REQ'D (250 520) 800 1030

HALLOWEEN (R) - ID REQ'D (140 240 425 525) 710 810 1000

DEATH SENTENCE (R) - ID REQ'D (210 500) 750

BALLS OF FURY (PG-13) (125 355) 645 920

WAR - DIGITAL PROJECTION (R) - ID REQ'D (100 340) 620 900

ILLEGAL TENDER (R) - ID REQ'D (100 5) 620 900

OC & DA: MR. BEAN'S HOLIDAY (G) (420 450) 725 1015

MR. BEAN'S HOLIDAY (G) (155 650)

THE NANNY DIARIES (PG-13) (205 440) 715 940

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

SUPERBAD (R) - ID REQ'D (235 950)

WAR (R) - ID REQ'D (410 1010)

STARDUST (PG-13) (105) PM

RUSH HOUR 3 (PG-13) (135 400) 630 850

THE BOURNE ULTIMATUM (PG-13) (130 430) 730 1020

THE SIMPSONS MOVIE (PG-13) (410) 640 905

TALK TO ME (R) - ID REQ'D (120 415) 620 705

THE SIMPSONS MOVIE (PG-13) (115 205) 420 655 915

BALLS OF FURY (PG-13) (125 355) 645 920

OC & DA: MR. BEAN'S HOLIDAY (G) (420 450) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (115 400) 650 945

THE SIMPSONS MOVIE (PG-13) (125 315 535) 810 1030

HAIRSPRAY (PG) (1245 330) 630 910

HARRY POTTER & THE ORDER OF THE PHOENIX (PG-13) (310)

TRANSFORMERS (PG-13) (615 930)

RATATOUILLE (G) (110 345) 620 900

THE BOURNE ULTIMATUM (PG-13) (110 345) 620 900

HAIRSPRAY (PG) (100 345) 645 945

OC & DA: DEATH SENTENCE (R) - ID REQ'D (400) 940

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100 350) 640 940

UNDERDOG (PG) (215 450) 700

THE BOURNE ULTIMATUM (PG-13) (110 345) 650 950

HAIRSPRAY (PG) (100 345) 665 950

THE BOURNE ULTIMATUM (PG-13) (110 345) 675 950

THE SIMPSONS MOVIE (PG-13) (945) 700 1000

BALLS OF FURY (PG-13) (125 355) 680 950

OC & DA: MR. BEAN'S HOLIDAY (G) (145 435) 725 1015

THE NANNY DIARIES (PG-13) (155 650)

SUPERBAD (R) - ID REQ'D (120 420) 715 1020

STARDUST (PG-13) (120) PM

RUSH HOUR 3 (PG-13) (123 245 530) 730 1020

THE BOURNE ULTIMATUM (PG-13) (100

# AVIAN INFLUENZA STUDY

## TO PARTICIPATE, VOLUNTEERS MUST:

- Be healthy and 18 to 59 years old
- Be HIV negative and not have Hepatitis B or C
- Meet criteria to donate blood

Doctors at the National Institutes of Health are conducting a research study (#06-I-0235) to test the avian influenza vaccine and to develop an antibody-based treatment for avian flu.

## AS PART OF THE STUDY

- Volunteers will receive up to 4 doses (one or two injections) of an investigational vaccine against avian influenza into the muscle one month apart
- Volunteers must be willing to donate plasma by plasmapheresis (a standard type of blood donation performed in the blood bank)
- Volunteers will be compensated

Call today to learn more | **1-800-411-1222** (TTY: 1-866-411-1010)  
<http://clinicaltrials.gov> | Se habla español



# Train to be a MEDICAL ASSISTANT



Financial Aid If You Qualify  
Job Placement Assistance  
Days, Eve and Weekends

Convenient Locations in DC MD VA  
**1(888)407-8222**

Licensed in VA by SCHEV

**MOVIES**  
WeekendPass makes  
the weekend reel.

Every Thursday in Express.

XX1439C 1x1

## Outstanding Distributor

### Donald Penn

Donald Penn distributes Express at the Takoma Metrorail station. One rider reports that "I would like to give note that Mr. Don, as we know him at the Takoma Metro, always puts a smile on my face. He is a real tribute to Express!"



**express**

A publication of The Washington Post

To recognize an outstanding distributor, please email [circulation@readexpress.com](mailto:circulation@readexpress.com). Please include your name, city and metro station.



*Experience the Difference*

Advanced Ticketing  
at MovieWatcher.com

**A.M.Cinema** - All seats \$4, \$5, or \$6, Digital 3D \$7 or \$8, before noon on Fri., Sat., Sun., & holidays - denoted by ()  
**AMC Select** - Special films for select tastes.

**AMC HOFFMAN CENTER 22**  
Eisenhower Ave and Telegraph Road in Alexandria  
703-998-4AMC

#### PRESENTED IN DIGITAL PROJECTION

**UNDERDOG** (PG) 1:45, 4:25, 7:05, 9:30

**3:10 TO YUMA** (R) 2:00, 3:20, 5:00, 6:20, 8:00, 9:20  
**THE BROTHERS SOLOMON** (R) 1:40, 4:00, 7:40, 10:10

**SHOOT 'EM UP** (R) 1:00, 3:40, 6:00, 8:20, 10:30

**DEATH SENTENCE** (R) 2:50, 5:50, 8:50

**HALLOWEEN** (R) 2:20, 3:00, 5:20, 7:10, 8:30, 10:00

**BALLS OF FURY** (PG13) 2:40, 5:10, 7:35, 9:50

**ILLEGAL TENDER** (R) 2:10, 5:05, 8:15

**MR. BEAN'S HOLIDAY** (G) 1:55, 4:30, 8:10, 10:30

**THE NANNY DIARIES** (PG13) 1:25, 4:15, 7:00, 9:40

**WAR** (R) 1:50, 4:50, 7:55, 10:35

**SUPERBAD** (R) 1:20, 4:20, 5:40, 7:20, 8:40, 10:20

**RUSH HOUR 3** (PG13) 1:30, 4:40, 7:50, 10:20

**STARDUST** (PG13) 1:15, 4:05, 7:15, 10:25

**THE BOURNE ULTIMATUM** (PG13) 1:05, 4:10, 7:30, 10:10

**THE SIMPSONS MOVIE** (PG13) 1:10, 3:30, 5:45, 8:05, 10:15

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX** (PG13) 3:45, 6:50, 10:05

**RATATOUILLE** (G) 1:35

#### AMC SELECT

**BECOMING JANE** (PG) 2:30, 5:30, 8:25

**DEATH AT A FUNERAL** (R) 3:10, 5:35, 8:00, 10:15

**AMC COURTHOUSE PLAZA 8**  
Courthouse and Birch Rd.  
703-998-4AMC

**MR. BEAN'S HOLIDAY** (G) 2:20, 4:40, 6:50

**THE NANNY DIARIES** (PG13) 2:35, 5:10, 7:40

**WAR** (R) 3:10, 5:40, 8:00

**RUSH HOUR 3** (PG13) 2:50, 5:00, 7:20

**THE BOURNE ULTIMATUM** (PG13) 3:00, 4:10, 5:30, 7:00, 8:10

**NO RESERVATIONS** (PG) 7:50

**THE SIMPSONS MOVIE** (PG13) 2:30, 4:50, 7:10

**RATATOUILLE** (G) 2:40, 5:20

**MAGIC JOHNSON CAPITAL CENTRE 12**  
800 Shopper's Way, Largo  
301-324-4220

**3:10 TO YUMA** (R) 1:40, 4:40, 7:10, 10:10

**SHOOT 'EM UP** (R) 1:24, 5:15, 5:30, 8:00, 10:25

**DEATH SENTENCE** (R) 1:45, 4:50, 7:30, 10:05

**HALLOWEEN** (R) 12:50, 2:00, 3:30, 4:30, 6:00, 7:00, 8:45, 9:45

**BALLS OF FURY** (PG13) 12:30, 2:40, 5:10, 7:40, 10:15

**WAR** (R) 1:50, 4:45, 7:20, 9:50

**SUPERBAD** (R) 1:35, 4:35, 7:15, 10:00

**RUSH HOUR 3** (PG13) 12:35, 1:30, 2:45, 4:00, 5:00, 6:30, 7:30, 9:00, 10:00

**THE BOURNE ULTIMATUM** (PG13) 1:00, 3:45, 6:45, 9:55

**THE SIMPSONS MOVIE** (PG13) 12:50, 3:00, 5:20, 8:10, 10:15

**LOEWS SHIRLINGTON 7**  
2772 South Randolph  
703-671-0910 801

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:25, 3:40, 5:55, 8:15, 10:30

**LOEWS GEORGETOWN 14**  
3111 K Street, N.W.  
202-342-6441

#### PRESENTED IN DIGITAL PROJECTION

**RUSH HOUR 3** (PG13) 2:30, 4:50, 7:10, 10:10

**3:10 TO YUMA** (R) ✓ 1:20, 4:05, 6:45, 9:55

**THE BROTHERS SOLOMON** (R) ✓ 1:00, 3:10, 5:20, 8:20, 10:30

**SHOOT 'EM UP** (R) ✓ 2:20, 4:30, 7:00, 9:45

**DEATH SENTENCE** (R) ✓ 1:35, 4:25, 7:30, 10:15

**HALLOWEEN** (R) 1:45, 2:40, 7:15, 10:05

**BALLS OF FURY** (PG13) 2:10, 4:45, 7:25, 10:25

**MR. BEAN'S HOLIDAY** (G) 1:20, 4:15, 7:10, 10:20

**THE NANNY DIARIES** (PG13) 1:40, 4:10, 7:35, 9:55

**SUPERBAD** (PG13) 1:50, 4:40, 7:20, 10:05

**STARDUST** (PG13) 1:25, 4:15, 7:45, 10:25

**THE BOURNE ULTIMATUM** (PG13) 2:00, 4:40, 7:25, 10:05

**HAIRSPRAY** (PG) 7:45, 10:25

**RATATOUILLE** (G) 2:05, 5:05

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:25, 3:40, 5:55, 8:15, 10:30

**LOEWS WHITE FLINT 5**  
North Bethesda  
1-800-FANDANGO #741

**3:10 TO YUMA** (R) 1:40, 4:35, 7:20

**SHOOT 'EM UP** (R) 1:55, 4:20, 7:05

**THE NANNY DIARIES** (PG13) 1:50, 4:35, 7:20

**RUSH HOUR 3** (PG13) 2:00, 4:15, 7:00, 9:15

**THE BOURNE ULTIMATUM** (PG13) 1:45, 4:30, 7:15

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX** (PG13) 2:00, 5:00, 8:00

**THE BOURNE ULTIMATUM** (PG13) 2:00, 4:45, 7:30, 10:20

**THE 11TH HOUR** (PG) 4:45, 7:15

**RIGHT AT YOUR DOOR** (R) 5:15

**SEPTEMBER DAWN** (R) 8:00

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS DUPONT 5**  
1350 19th St.  
1-800-FANDANGO #711

**THE BOURNE ULTIMATUM** (PG13) 4:20, 7:00

**HAIRSPRAY** (PG) 5:00, 7:45

**KNOCKED UP** (R) 4:30, 7:30

#### AMC SELECT

**THE 11TH HOUR** (PG) 4:45, 7:15

**RIGHT AT YOUR DOOR** (R) 5:15

**SEPTEMBER DAWN** (R) 8:00

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX** (PG13) 2:00, 5:00, 8:00

**THE BOURNE ULTIMATUM** (PG13) 2:00, 4:45, 7:30, 10:20

**THE 11TH HOUR** (PG) 4:45, 7:15

**RIGHT AT YOUR DOOR** (R) 5:15

**SEPTEMBER DAWN** (R) 8:00

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX** (PG13) 2:00, 5:00, 8:00

**THE BOURNE ULTIMATUM** (PG13) 2:00, 4:45, 7:30, 10:20

**THE 11TH HOUR** (PG) 4:45, 7:15

**RIGHT AT YOUR DOOR** (R) 5:15

**SEPTEMBER DAWN** (R) 8:00

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX** (PG13) 2:00, 5:00, 8:00

**THE BOURNE ULTIMATUM** (PG13) 2:00, 4:45, 7:30, 10:20

**THE 11TH HOUR** (PG) 4:45, 7:15

**RIGHT AT YOUR DOOR** (R) 5:15

**SEPTEMBER DAWN** (R) 8:00

#### AMC SELECT

**DEATH AT A FUNERAL** (R) 1:00, 3:30, 5:30, 8:10, 10:20

**LOEWS UPTOWN 1**  
3426 Connecticut Avenue N.W.  
1-800-FANDANGO #713

**HARRY POTTER AND THE ORDER OF THE**

**PHOENIX**

# Television



**IS HE THE BIGGEST LOSER?** Steven Schirripa, whose "Sopranos" character was whacked in one of the show's final episodes this year, is hosting a new cooking-themed series on Rainbow Media's free on-demand network, Lifeschool.

# Just Desert for NBC's 'Loser'

**It's time to sweat off the weight this year on unlikely hit show**

**TELEVISION** | Intrepid viewers not yet exhausted by summer's "Fat March" can rejoice. "The Biggest Loser" (8 p.m., NBC) returns for a fourth season. Did anybody expect this show to last this long? Is this a sign of its appeal or of NBC's desperation to fill an anemic schedule?

The show's title could easily apply to the Peacock Network, since NBC has settled rather comfortably in the ratings cellar.



**HEAVY DUTY:** The cast of "The Biggest Loser" is left in a desert this season.

Three seasons were apparently sufficient for former host Caroline Rhea. Alison Sweeney ("Days of Our Lives") will fill her shoes as "Loser" host.

This season begins with a dramatic twist as 18 contestants find themselves stranded in a desert, far from the posh spa locale of the show's past. Trainers Bob Harper and Kim Lyons arrive in rather splashy fashion — via parachute.

And if the "Lawrence of Arabia" conditions were not enough of a letdown, six contestants will get the heave-ho in rather short order. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

## ON TV TONIGHT

### HAPPY TRAILS

The town turns out for Rory on **GILMORE GIRLS** (8 p.m., CW).

### HISTORY, RELIVED

Internet images explained on **I-CAUGHT** (9 p.m., ABC).



House meets his match this week.

### RADIOACTIVE TV

A crime scene glows in an unsettling manner on **BONES** (8 p.m., Fox).

### WHAT IS THIS SHOW?

Fears of divine retribution on **EUREKA** (9 p.m. Sci Fi).

### CZECH MATE

House more than meets his match in a petulant teenage chess whiz on **HOUSE** (9 p.m., Fox).

### ACTORS ACTING. CLEVER.

Fatal horseplay appears to have been staged for cameras on **"LAW & ORDER: SPECIAL VICTIMS UNIT"** (10 p.m., NBC).

### SPECIAL VICTIMS UNIT

Kristen Bell (in a strong pre-"*Veronica Mars*" performance) plays a teen holding her family together in the face of her mother's (Anne Heche) addictions in **"GRACIE'S CHOICE"** (9 p.m., Lifetime). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

9.11.07		6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC	(4) News (N) <b>CC</b>	NBC Nightly News	Access Hollywood	The Biggest Loser (Season Premiere) (N) <b>PA</b> <b>CC</b>					Law & Order: Special Victims Unit <b>PA</b>	News (N) <b>CC</b>	News (N) <b>CC</b>	Tonight Show
	WTTG	(5) News	TMZ (N) <b>PA</b> <b>CC</b>	The Simpsons <b>PA</b>	Seinfeld <b>PA</b> <b>CC</b>	Bones <b>PA</b> <b>CC</b>	House "The Jerk" <b>PA</b> <b>CC</b>	News (N)	News (N)	News (N)	News (N)	TMZ <b>PA</b> <b>CC</b>	
	WJLA	(7) News (N) <b>CC</b>	ABC Wld News	Wheel of Fortune	Jeopardy! (N)	Just for Laughs	Just for Laughs	i-Caught (Season Finale) (N) <b>CC</b>	Primetime: Crime (Season Finale) (N)	News (N) <b>CC</b>	News (N) <b>CC</b>	(3:35) Nightline (N)	
	WUSA	(9) News (N) <b>CC</b>	Evening News	News	Entertainment	Power of 10 (N) <b>CC</b>	Big Brother 8 (N) <b>PA</b> <b>CC</b>	NCIS "Trojan Horse" <b>PA</b> <b>CC</b>	King of the Hill <b>PA</b>	Scrubbs <b>PA</b> <b>CC</b>	News (N) <b>CC</b>	Late Show	
	WDCA	(20) Judge Judy (N) <b>PA</b>	Judge Joe Brown	King of Queens	King of Queens	The Academy (N) <b>PA</b> <b>CC</b>	Jail (N) <b>PA</b> <b>CC</b>	Jail (N) <b>PA</b> <b>CC</b>	Every-Raymond	King of the Hill <b>PA</b>	Scrubbs <b>PA</b> <b>CC</b>	Still Standing <b>PA</b>	
	WMPT	(22) The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors-Class	Nova "Building on Ground Zero" <b>PA</b>	Dave Koz at the Movies <b>PA</b> <b>CC</b>	Great Railway Journeys <b>PA</b>	Wide Angle "Gaza E.R." <b>PA</b> <b>CC</b>	BBC World News	Tavis Smiley <b>PA</b>	Charlie Rose (N) <b>PA</b> <b>CC</b>	Charlie Rose (N) <b>PA</b> <b>CC</b>	Guide Wealth
	WETA	(26) BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)	Nova "Building on Ground Zero" <b>PA</b>	Mystery! <b>PA</b> <b>CC</b> (DVS)	Surviving Sept	BBC World News	Tavis Smiley <b>PA</b>	Charlie Rose (N) <b>PA</b> <b>CC</b>	Charlie Rose (N) <b>PA</b> <b>CC</b>		
	WHUT	(32) World Business	Tavis Smiley <b>PA</b>	BBC World News	Moneywise								
	WDCW	(50) My Wife and Kids	Family Guy <b>CC</b>	Two/Half Men	Friends <b>PA</b> <b>CC</b>	Gilmore Girls "Bon Voyage" <b>PA</b> <b>CC</b>	Beauty and the Geek <b>PA</b> <b>CC</b>	Family Guy <b>CC</b>	Friends <b>PA</b> <b>CC</b>	Two/Half Men	Sex and the City		
	A&E	Cold Case Files <b>CC</b>	CSI: Miami "Grand Prix" <b>PA</b> <b>CC</b>	Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter <b>CC</b>	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	Criss Angel	
BASIC CABLE	Animal	The Crocodile Hunter <b>CC</b>	The Most Extreme	Fooled by Nature	Wild Kingdom "Raising Sancho"	Wildlife on One	Animal Battle.	Animal Cops Detroit <b>CC</b>	Hell Date <b>CC</b>	Hell Date <b>CC</b>	The Most Extreme	Fooled by Nature	
	BET	106 & Park: BET's Top 10 Live <b>CC</b>		Hell Date <b>CC</b>	★★ "Next Friday" (2000, Comedy) Ice Cube, Mike Epps, Justin Pierce, <b>CC</b>	Flipping Out (Season Finale) (N) <b>CC</b>	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	Hell Date <b>CC</b>	Hell Date <b>CC</b>	Take the Cake (Live) <b>CC</b>		
	Bravo	Flipping Out <b>CC</b>	Flipping Out <b>CC</b>		Flipping Out <b>CC</b>	Flipping Out (Season Finale) (N) <b>CC</b>	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	Flipping Out "Watch What Happens"	
	Comedy	(5:00) "Back by Midnight" (2002) <b>CC</b>	Scrubs <b>PA</b> <b>CC</b>	Scrubs <b>PA</b> <b>CC</b>	Daily Show	Colbert Report	Mind of Mencia	South Park <b>CC</b>	Bill Engvall: 15 Degrees Off Cool	Daily Show	Colbert Report		
	Court	World's Wildest Police Videos <b>CC</b>	Cops <b>PA</b> <b>CC</b>	Cops <b>PA</b> <b>CC</b>	Cops <b>PA</b> <b>CC</b>	Cops <b>PA</b> <b>CC</b>	Surviving the Moment of Impact 3 <b>PA</b>	Inside "Alaska's Toughest Prison"	The Investigators				
	Discovery	Cash Cab <b>CC</b>	Cash Cab <b>CC</b>	Lobster Wars <b>CC</b>	Dirty Jobs Water snakes, <b>CC</b>	Dirty Jobs Mushroom farming, <b>CC</b>	How It's Made	How It's Made	How It's Made	How It's Made	How It's Made	How It's Made	
	DISCH	Code Blue "Out of the Darkness"	Impact: Stories of Survival <b>CC</b>	Triple the Triplets <b>CC</b>	Joined for Life: Abby-Brittany	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	Jon & Kate Plus 8	
	Disney	Life With Derek	Life With Derek	Hannah Montana	Zack & Cody	★★ "A Goofy Movie" (1995) Voices of Bill Farmer, <b>PA</b>	That's So Raven	That's So Raven	Life With Derek	Zack & Cody	Zack & Cody	Zack & Cody	
	E!	Dr. 9010 "Reinvention"	E! News (N)	The Daily 10 (N)	THS Investigates: Hot For Student	Teacher-student affairs.	That's So Raven	That's So Raven	Life With Derek	Girl Next Door	Girl Next Door	Girl Next Door	
	FX	(4:30) ★★ "Fat Albert" (2004)	★★ "Coach Carter" (2005, Drama) Samuel L. Jackson. A high-school basketball coach pushes his team to excel.				Damages "We Are Not Animals" (N) <b>PA</b>	Damages "We Are Not Animals" (N) <b>PA</b>	Damages "We Are Not Animals" (N) <b>PA</b>	Damages "We Are Not Animals" (N) <b>PA</b>	Damages "We Are Not Animals" (N) <b>PA</b>	Damages "We Are Not Animals" (N) <b>PA</b>	
SPAN.	HGTV	Small Space	If Walls Could	House Worth?	House Hunters	Designed to Sell	My First Place	Decorating Cents	24 Hour Design	House Hunters	My Kitchen	House Worth?	Hidden Potential
	Family	8 Simple Rules <b>PA</b>	8 Simple Rules <b>PA</b>	Grounded for Life	Grounded for Life	Lincoln Heights "The Peacemaker"	★★ "Deliver Us From Eva" (2003) LL Cool J, Gabrielle Union, <b>CC</b>					The 700 Club <b>CC</b>	
	History	Zero Hour <b>CC</b>		The Day the Towers Fell <b>CC</b>		Grounded on 9/11 <b>CC</b>	Ground Zero Search and Recovery	Mega Disasters (N) <b>CC</b>				The Man Who Predicted 9/11 <b>CC</b>	
	Lifetime	Reba <b>PA</b>	Reba <b>PA</b>	Still Standing <b>PA</b>	Still Standing <b>PA</b>	Reba <b>PA</b>	Reba <b>PA</b>	★★ "Gracie's Choice" (2004, Docudrama) Anne Heche, Diane Ladd, <b>CC</b>	Will & Grace	Will & Grace	Will & Grace	Will & Grace	
	MTV	Life of Ryan <b>PA</b>	Life of Ryan <b>PA</b>	Celebrity Rap Superstar <b>PA</b>	Celebrity Rap Superstar <b>PA</b>	Celebrity Rap Superstar <b>PA</b>	VMA Pre-Show Royale <b>PA</b> <b>CC</b>	2007 MTV Video Music Awards From Las Vegas, <b>PA</b>					
	NICK	Jimmy Neutron	Zoey 101 <b>CC</b>	Ned's School	Drake & Josh <b>PA</b>	SpongeBob	Drake & Josh <b>PA</b>	Home Improve.	Home Improve.	George Lopez <b>PA</b>	George Lopez <b>PA</b>	George Lopez <b>PA</b>	George Lopez <b>PA</b>
	SCIFI	Stargate SG-1 "Redemption" <b>CC</b>	Flash Gordon "Assassin" <b>PA</b> <b>CC</b>	Eureka "E-M.C...?" <b>PA</b> <b>CC</b>	Eureka "E-M.C...?" <b>PA</b> <b>CC</b>	Eureka "God Is in the Details" (N) <b>PA</b>	ECW New champion CM Punk. (Live)	ECW New champion CM Punk. (Live)	Destination Truth <b>PA</b> <b>CC</b>				
	SPIKE	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: Crime Scene Investigation <b>PA</b>	CSI: NY A murdered plastic surgeon.				
	TBS	Friends <b>PA</b>	Every-Raymond	Every-Raymond	Family Guy <b>CC</b>	Family Guy <b>CC</b>	Family Guy <b>CC</b>	Family Guy <b>CC</b>	The Office "Pilot"	The Office <b>CC</b>	Sex and the City	Sex and the City	
	TLC	Property Ladder <b>CC</b>	Mostly True Stories: Urban Legends		Overhaulin' 1957 Corvette, <b>CC</b>	LA Ink "Master Cleanse" Cleanse.	LA Ink "Master Cleanse" Cleanse.	LA Ink "Corey's Vasectomy" (N)	LA Ink "Corey's Vasectomy" (N)	LA Ink "Corey's Vasectomy" (N)			
MOVIES	TNT	Law & Order <b>PA</b> <b>CC</b> (DVS)	Law & Order "C.O.D." <b>CC</b> (DVS)	Law & Order "House of Cards" <b>PA</b>	Law & Order "House of Cards" <b>PA</b>	Law & Order "III-Conceived" <b>PA</b>	Law & Order "III-Conceived" <b>PA</b>	The Closer "Til Death Do Us Part"	The Closer "Til Death Do Us Part"	Without a Trace "Confidence" <b>CC</b>			
	USA	Law & Order: Special Victims Unit <b>PA</b>	Law & Order: Criminal Intent <b>CC</b>	Law & Order: Special Victims Unit <b>PA</b>	Law & Order: Special Victims Unit <b>PA</b>	Law & Order: Special Victims Unit <b>PA</b>	Law & Order: Special Victims Unit <b>PA</b>	★★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston, <b>CC</b>	★★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston, <b>CC</b>	★★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston, <b>CC</b>	★★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston, <b>CC</b>	★★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston, <b>CC</b>	
	VH1	Celebrity Eye Candy <b>PA</b>		40 Dumbest Celeb Quotes Ever <b>PA</b>			What Perez Sez About the VMAs <b>PA</b>	Rock of Love With Bret Michaels <b>PA</b>	Rock of Love With Bret Michaels <b>PA</b>	Rock of Love With Bret Michaels <b>PA</b>	Rock of Love With Bret Michaels <b>PA</b>	Rock of Love With Bret Michaels <b>PA</b>	
	TELEM	Daniela	Noti-Telemundo	Dame Chocolate	Madre Luna	La Esclava Isaura	Amor Mio						
	UNIV	Que Locura	Noticiero Univ	Yo Amo a Juan Querendón	Amar sin Límites	Destilando Amor	S.O.S. Sexo y Otros Secretos						
	ESPN	SportsCenter (Live) <b>CC</b>	NFL Live <b>CC</b>	2007 World Series of Poker (Taped)	2007 World Series of Poker (Taped)	The Contender (N)							
	ESPN2	NASCAR Now	Football Live	Women's Soccer	FIFA World Cup -- North Korea vs. United States, <b>CC</b>	WNBA Basketball Finals Game 3 -- Detroit Shock at Phoenix Mercury, <b>CC</b>							
	CSN	SportsNite (Live) <b>CC</b>		College Football	Maryland at Florida International, (Taped)		SportsNite (Live) <b>CC</b>						
	CNN	Lou Dobbs Tonight <b>CC</b>		The Situation Room	CNN Presents "God's Muslim Warriors" Islam and world politics, <b>CC</b>	Anderson Cooper 360 <b>CC</b>							
	FNC	Special Report (Live) <b>CC</b>		The Fox Report With Shepard Smith	The O'Reilly Factor (Live) <b>CC</b>	Hannity & Colmes (Live) <b>CC</b>	On the Record-Van Susteren						
NEWS	MSNBC	Tucker		Hardball <b>CC</b>	Countdown With Keith Olbermann	MSNBC News Live	9/11: As It Happened	Coverage of events of Sept. 11, 2001.					
	AMC	(4:00) ★★ "Wyatt Earp" (1994, Biography) Kevin Costner, "PG-13"		★★ "Insomnia" (2002) Al Pacino. A guilt-ridden cop hunts a killer who knows his secret. "R"	★★ "Escape From Alcatraz" (1979) Clint Eastwood.								
	TCM	(5:00) ★★ "Paint Your Wagon" (1969) Lee Marvin, "PG-13" <b>CC</b>		★★ "Captain Blood" (1935, Adventure) Errol Flynn, "NR" <b>CC</b>	(15) ★★ "Wuthering Heights" (1939, Romance) Merle Oberon, "NR" <b>CC</b>								
	HBO	(5:30) ★ "Billy Madison" (1995) <b>CC</b>	★★ "X-Men: The Last Stand" (2006, Action) Hugh Jackman, "PG-13" <b>CC</b>	"Pinocchio's Last Stand" (2006) Derek Jacobi, "NR" <b>CC</b>	Curb-Enthsm	Tell Me You Love Me <b>PA</b> <b>CC</b>							
	MAX	(4:45) ★★ "Syriana" (2005) <b>PA</b> <b>R</b>	★★ "Idiocracy" (2006) Luke Wilson, <b>PA</b> <b>R</b> <b>CC</b>	★★ "Ice Age: The Meltdown" (2006) <b>PA</b> <b>PG</b> <b>CC</b>	★★ "Galaxy Quest" (1999) Tim Allen, <b>PA</b> <b>PG</b> <b>CC</b>	Best Sex Ever <b>PA</b>							
	SHOW	★★ "Aeon Flux" (2005) Charlize Theron, iTV, <b>PA</b> <b>PG-13</b>	(4:45) ★★ "World Trade Center										

## Moodswings?

Has your life been a roller coaster of highs and lows?

If so, you may be suffering from Bipolar disorder

and may be eligible for a clinical research study at no cost to you.

If you are feeling down and out and not enjoying life, give us a call to find out whether this research study might be right for you.

Call: CAPITAL CLINICAL RESEARCH ASSOCIATES  
301-770-7375

or visit our website at: [www.ccraresearch.com](http://www.ccraresearch.com)  
Easy Access, Easy Parking



Thousands of new drugs and treatments are under development each day in the US. These studies cannot go forward without the help of people just like YOU.

- Healthy Volunteers 18-45
- All Volunteers will be compensated for their time
- Enrolled volunteers will receive a physical and blood work

**CALL 1-866-750-2165 to learn more.**



## Do you or someone you love suffer from FIBROMYALGIA?

Fibromyalgia is a chronic pain illness which is characterized by widespread aches, pains, stiffness, and fatigue. Fibromyalgia can also affect your sleep.

Volunteers are needed to participate in a clinical trial of the safety and effectiveness of an investigational medication for the treatment of Fibromyalgia.

Qualified participants must be 18 years or older and may receive study medication, study related care and diagnostic exams at no cost.

**Call: (301) 770-7375**

EASY ACCESS, EASY PARKING



**WeekendPass makes the weekend perform.**  
Every Thursday in Express.

XX143d 1x5

is it logical to love? play su | do | ku

[readexpress.com](http://readexpress.com)

**WeekendPass makes the weekend historic.**  
Every Thursday in Express.

XX143e 1x5

WeekendPass makes the weekend top-rated.

Every Thursday in Express.

XX143h 1x5

is it logical to love? play su | do | ku

**WeekendPass. Top-rated.** Thursday.

**WeekendPass. Top-rated.** Thursday.

is it logical to love? play su | do | ku

**WeekendPass rocks.** Thursday.

## Are you tired of waking up BEFORE your alarm?



## INSOMNIA

If you are at least 18 years old and have trouble STAYING ASLEEP you may qualify to participate in a research study of an investigational medication. Compensation will be provided for time and travel.

**Call 301-654-5665**  
[research@sleepdoc.com](mailto:research@sleepdoc.com)



**Chevy Chase, Maryland**

Friendship Heights Metro

## Are you infected with Hepatitis C?

If so, you may want to learn more about a clinical trial being conducted in your area. Study participants will receive (at no cost):

- Regularly scheduled study-related doctor appointments
- Close monitoring and study-related care
- Study medication (No placebo)

If you are 18 years of age and older and have been told by a doctor that you have Chronic Hepatitis C (CHC), you may qualify for this research study.

Please call now for more information (410) 465-2455

## Do you have knee pain

due to osteoarthritis?



If you are at least 40 years old and have had knee pain from osteoarthritis for at least 3 months, you may qualify for a clinical research study of an investigational pain medication.

**Give us a call**

**CAPITAL CLINICAL RESEARCH ASSOCIATES**

**301-770-7375**



**Easy access, easy parking.**

**Get fit Tuesdays in Express**

**WeekendPass makes the weekend perform.**  
Every Thursday in Express.

XX142f 1x5

have you tried it in ink? play su | do | ku  
The fun addictive logic game—every day!

**WeekendPass. Noteworthy.** Thursday.

**WeekendPass. Noteworthy.** Thursday.

play su | do | ku

[readexpress.com](http://readexpress.com)

**WeekendPass rocks.** Thursday.

## ADVERTISE

**Express Health**  
**Every Tuesday**

**Call Dan Rose**  
**202-334-7011**

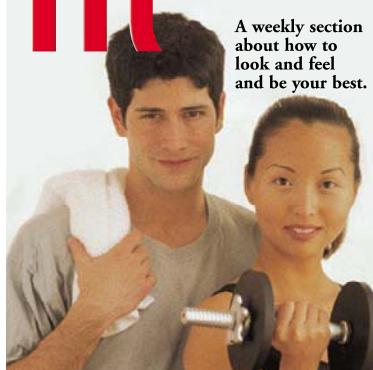
[rosede@washpost.com](mailto:rosede@washpost.com)  
(Deadline every Wed., 4 PM)

## Get

**fit**

*Tuesdays in Express*

A weekly section about how to look and feel and be your best.



**express**

A publication of The Washington Post

XX142c 1x3.5

**WeekendPass makes the weekend historic.**  
Every Thursday in Express.

XX143e 1x5

**WeekendPass performs.** Thursday.  
**WeekendPass. Delicious.** Thursday.

**WeekendPass makes the weekend artful.**  
Every Thursday in Express.

XX143f 1x5



## Healthy Adult Volunteers Needed

HIV is a global epidemic. Currently, 38 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2005, 4 million people were newly infected with HIV, a rate of more than 11,000 infections each day. Approximately, 10 of every 1000 adults aged 15 to 49 worldwide are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy person between the ages of 18-40, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

Please call:

**301-251-8351**

[www.hivresearch.org/clinical-trials](http://www.hivresearch.org/clinical-trials)

You will be compensated for your time.

# IT'S 4:19..... GOT A MINUTE?

Then call about participating in a research study!

You may be eligible if:

- You currently use marijuana and have used marijuana at least one year
- Are between the ages 18-45

Studies will be conducted in the Clinical Pharmacology Unit of a research facility in Bethesda, MD.

**CALL 1-866-750-2165 FOR MORE INFORMATION**

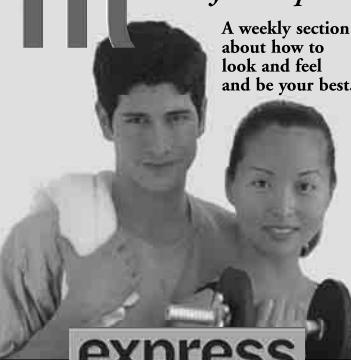
*All information is confidential!!*

Get

# fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.



express

A publication of The Washington Post

XX142 1x3

## Volunteers Needed

Compensation paid to healthy female and male volunteers for donations of bone marrow for research efforts in such areas as cancer and other serious illnesses.

- Ages 18 to 45
- In good health
- Not engaged in high risk behaviors

Confidential interview and screening provided at our convenient Gaithersburg, MD office.

Donations occur at our Bethesda, MD office by board certified physicians.

Both locations are accessible by MetroRail and Metro Ride-On.

### FINANCIAL COMPENSATION PROVIDED

For more information, or to schedule an appointment:

TOLL FREE: (888) 926-9211

EMAIL: [donorinfo@lonza.com](mailto:donorinfo@lonza.com)

**lonza**

AD BONE MARROW 03/02

## CANCER SURVIVORS: EXERCISE STUDY



### Eligible candidates:

- Cancer survivors
- 18-65 years of age
- Completed chemotherapy at least 2 years ago



Please consider joining a research study comparing two exercise programs **Tai Chi Chuan** and **cycling exercise** at the National Institutes of Health.



**NCCAM**

For more info: **1-800-411-1222**  
<http://nccam.nih.gov/exercisestudy>

## Are you bothered by the pain and urgency of Irritable Bowel Syndrome?

Washington Gastroenterology is currently in search of female volunteers for a research study testing an investigational medication for the treatment of Irritable Bowel Syndrome and associated diarrhea.

Qualified study participants must be at least 18 years of age and otherwise healthy. If you are eligible to participate all laboratory and professional services for this research study are provided at no cost to you. You may also be compensated for your time and travel.

For more information, please call 410-465-2455

**WeekendPass makes the weekend pulse.**  
Every Thursday in Express.

X149 1x5

[readexpress.com](http://readexpress.com)

X120 1x5

## express

## marketplace

Reach over 280,000 readers daily plus **SAVE 20%** by running your ad Monday through Friday**JOB • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE...****MEGA JOBS**Call 202-334-4100 Today  
to Place Your Ad**JOB****Accounting**ATEL Bus & Truck has an immediate opening for an **Experienced A/P Clerk**Duties incl. coding invoices, entering invoices into system, cutting checks, accurately expensing items into the correct GL accounts and filing. Knowledge of basic accounting principles a must. ADP software expert a plus. We offer a fantastic benefit package, competitive salary, and we are conveniently located next to the Landover Metro station. If interested, please email resume to [sterry@atelbus.com](mailto:sterry@atelbus.com).**ACCOUNTING  
CLERK**

Multi-employer Pension Fund located downtown, near metro need Account Receivable Clerk to process cash receipt, enter contribution and other duties as assigned. Must have a college level accounting or 2 yrs of relevant account work experience. Starting salary \$39K. Excellent benefits including major medical, dental, vision and pension.

Fax resume to:  
202-457-8649.**Accounting****Payroll Staff Accountant**Trade Association has immediate opening for professional accountant. Degree in Accounting; Public Accounting experience, four years general accounting experience preferably in payroll, benefits, and fixed assets within an automated system. Excellent knowledge of ADP and Excel a must. Familiarity with Great Plains Dynamics, FRX software and BNA Fixed Assets software a plus. Must be detail-oriented, willing and able to deal effectively with all levels of staff and work independently and under pressure with multiple deadlines. Send resume with salary history to: Human Resources, American Public Transportation Association, 1666 K Street, NW, Suite 1100, Washington DC 20006 or fax resume to 202-496-4323 or email to [aptarts@aptac.com](mailto:aptarts@aptac.com) EOE M/F/D Principals**Administrative****ADMISSIONS REP**

Responsibilities include interviewing patients, creating patient records, data entry. REQUIREMENTS: Excellent oral and written communication skills. Tactful with good people skills. Type 35 wpm. HS grad with 1 year experience or equiv. Previous health care and/or insurance billing experience preferred.

**JOIN US**Competitive benefits, paid leave, free parking and more. Please apply online at [www.sibley.org](http://www.sibley.org) or email resume to [sberman@sibley.org](mailto:sberman@sibley.org) or fax 202.363.2677. EOE**Sibley**  
The Right Choice. Right Here.**Sibley Memorial Hospital**  
5255 Loughboro Road, NW, Washington, DC 20016  
HR 202.537.4750 • EOE**AUTOMOTIVE SALES**  
Experience required. Signing bonus. Excellent pay plan. Full benefits package, 45-hour scheduled workweek.  
No "Bell to Bells" required.Pohanka Used Car SuperCenter  
13915 Lee Jackson  
Memorial Highway  
Chantilly, VA 203-738-3280  
Ask for Paul or Tamara**Auto Mechanic**  
FT. Exp'd. Flex. pay.  
Triangle, VA. Busy Shop.  
703-470-8738.**MEGA online : All of September on  
washingtonpost.com****MEGA in express : Sept. 10-14****Second Chance MEGA in  
The Washington Post: Sept. 16****TO PLACE A CLASSIFIED AD CALL****202-334-6200****HELP WANTED (JOBS) ADS CALL****202-334-4100****CREDIT CARDS  
ACCEPTED****JOB****JOB****ACTIVIST - PHONES- CLEAN WATER ACTION  
\$12/HOUR GUARANTEED!!!!**

The air is a little different around here lately...and I'm not just talking about the pollution...I'm talking about politics!

Our issues and the upcoming elections in Baltimore, Virginia and the Big One 2008! have never been more at the forefront of people's hearts and minds than right now. Join our team now and make democracy work...and build your resume, while you're at it.

We're looking for people that want to work a minimum of three 4-hour shifts/week Mon-Fri 5:30-9:30 pm, and some Sat &amp; Sun, as per demand. You will be educating, mobilizing and fundraising with our members....

Think of yourself as a lobbyist on the side of the angels!

Take a look at our website [www.cleanwateraction.org](http://www.cleanwateraction.org), and if you're interested give us a call. The best time to call is Mon-Fri 1-4pm, but you can call and leave us your number and the best time to get back to you anytime, and we'll call you back. Must have two legal forms of identification for interview.

Call 202-895-0420 x111 for Michael and x129 for Roscoe. Looking forward to working with you!!

**Admin Asst**Exper. in MS Suite. 45+wpm.  
Banner Staffing, Ph: 202-223-3300.**Advertising****Senior Account Executive**Top ad agency in DC market seeks a pro with 2-3+ years exp. Fabulous working environment with great perks. Real Estate exp. a plus. Help manage a national homebuilder account, work with the best in the market. Must love fast pace, supreme org. skills and a people person. Please send resumes to [williamswhittle@gmail.com](mailto:williamswhittle@gmail.com)**Airlines****Be Part of Something Exciting.. Now Hiring!****Passenger Service Agents**  
Washington Dulles Airport

Join us at one of the following hiring sessions:

**Tuesday, September 11****Sessions start promptly at 10am, 2pm or 5pm**  
Comfort Suites  
80 Prosperity Ave, Leesburg, VA**Wednesday, September 12****Sessions start promptly at 10am, 2pm or 5pm**  
Best Western Potomac Mills  
14619 Potomac Mills Rd, Woodbridge, VA**Thursday, September 13****Sessions start promptly at 11am, 2pm or 5pm**  
Saturday, September 15  
Session starts promptly at 10am  
Holiday Inn Select  
4335 Chantilly Shopping Ctr, Chantilly, VAVisit our website: [www.airwls.com](http://www.airwls.com) for additional sessions or call 703-572-7451 to reserve your space.**UNITED EXPRESS**

EOE M/F/D/V

**JOB****Airline/Customer Service****Part-Time Ramp Agents**  
Washington, DC

Join an award-winning team and have fun at work! Enjoy a wonderful benefit package including travel privileges! Be a part of the "best care in the air" and share in the pride that comes from loving what you do!

Midwest Airlines is seeking qualified individuals for these employment opportunities. Please refer to our website to apply: [www.midwestairlines.com](http://www.midwestairlines.com) EOE**ARCHITECT**Hoffmann Architects, specialists in the rehabilitation of building exteriors seeks **STRUCTURAL ENGINEERS / ARCHITECTS** experienced in:**Facade/Roof Rehabilitation**  
**Historic Restoration**  
**Parking Structures**  
**Plaza/Terrace Rehabilitation**  
[dcjobs@hoffarch.com](mailto:dcjobs@hoffarch.com)  
[www.hoffarch.com/employ](http://www.hoffarch.com/employ)

new york • washington dc • new haven

**JOB****JOB****Banking****BANKER/TELLER**

The National Lutheran Home has a full-time opening for a Banker/Teller. We are a 300-bed continuing care retirement community in Rockville, MD. Responsibilities include residents' banking, Medicaid applications and recertifications. Candidate should possess strong interpersonal customer service and multitasking skills, and be very detail oriented. Benefits include: excellent salary, fully paid medical, dental and life insurance, great leave, 10 paid holidays and a generous pension plan, if you are interested in joining a team with 'Tradition of Caring' apply in person 7 days a week from 7am-7pm at: 9701 Veirs Drive, Rockville, MD 20850. EOE.

**BARBERS**—2 positions available at J&C Barbershop, Georgia, Ave, NW. Call John, 202-829-2220 phone or 202-215-7745 cell**Barbers/Stylists/Braiders**  
Hiring exp staff. DC location. 202-397-4636.**BEAUTY**

Upscale DC salon seeking an experienced and licensed professional, specializing in facials and waxing. FT, salary + commission. Nr. Metro. Call 202-333-3488.

**BEAUTY**

Upscale DC salon seeking experienced and licensed professional. FT, salary + commission. Nr. Metro. Call 202-333-3488.

**NAIL TECHNICIAN**

Upscale DC salon seeking experienced and licensed professional. FT, salary + commission. Nr. Metro.

Call 202-333-3488.

**BOAT MECHANIC & MECHANIC'S HELPER**

for boat dealer. Will train. F/T. Career opportunity.

Call 703-494-5600

**CAD OPERATOR**

Office Movers, Inc., a subsidiary of The Kane Company, has an immediate need for an experienced full-time CAD Operator for DC location.

Strong knowledge of AutoCAD 2005, 2006, & 2007 a must! Great benefits including medical, dental, and 401(k)! Submit resumes to [careers@kanecompany.com](http://careers@kanecompany.com) referencing Wash Post CAD in title EOE.**Catering Sales Manager**Top DC catering firm needs talented sales type to thrive in highpressure enviro. Extreme multi-tasker, great w/ customers, bring newbiz, passion for food, all a must. Sales exp pref, industry exp a plus. Email [THOUGHT\\_PROVOKING\\_cvr\\_ltr&resume\\_to\\_sales@wmillar.com](mailto:THOUGHT_PROVOKING_cvr_ltr&resume_to_sales@wmillar.com) attn:Carla**readexpress.com****JOB****JOB****CATERING ASSISTANT**

Day shift (5:00am to 1:30pm). Must be flexible to work earlier or later shifts, depending on need of scheduled events. Works occasional weekends for special events. Interacts with Board of Directors, hospital staff, and patients. HS grad or equivalent.

**JOIN US**Competitive benefits, paid leave, free parking and more. Please apply online at [www.sibley.org](http://www.sibley.org) or email resume to [sberman@sibley.org](mailto:sberman@sibley.org) or fax 202.363.2677.**Sibley**  
The Right Choice. Right Here.**Sibley Memorial Hospital**  
5255 Loughboro Road, NW, Washington, DC 20016  
HR: 202.537.4750 • EOE**Cherrydale Health & Rehabilitation Center**

Is now accepting FT/PT applications! We are looking for hardworking, dedicated individuals to join our team. We are a 240 bed long-term care facility that offers our employees great benefits and a provides a positive working environment. Open Positions Available:

- CNA's & LPN's
- PT/PTA/OT/OTA
- PT Dietary Aides
- FT Painter
- FT Receptionist

Applicants must be proficient in English language. Apply in Person M-F; 10-4pm:  
Cherrydale Health & Rehabilitation Center  
3710 Lee Highway  
Arlington, VA 22207  
(703) 243-7640**Child Care****INFANT/TODDLER CHILD CARE POSITIONS**  
Immed. openings, Upper NorthW DC. CDA or experience preferred. Fax resume to 202-829-2429.**CLERK/RECEPTIONIST**Busy Bethesda law firm seeks Receptionist/Clerk to answer multi-line phone system & perform assigned clerical duties. Email resume & salary req's to:  
[keith@bgw-llc.com](mailto:keith@bgw-llc.com)

Dental Receptionist—FT/PT. DC &amp; Arlington, VA. Must speak Spanish, will train. Call 202-457-0072

**Biostatistician**

Statistics Collaborative, Inc. is a small, highly professional yet relaxed biostatistical consulting firm involved in medical research. We cooperate with researchers in government, industry, non-profit, and academic settings to provide statistical collaboration in the fields of clinical trials and epidemiology. We help our clients develop research and drug development programs with scientific rigor and statistical validity. We are now hiring biostatisticians at all levels:

- Newly graduated candidates with an M.S. or Ph.D. to work on various study teams
- Staff members with several years' experience to manage projects
- Senior level biostatisticians to provide statistical leadership to our staff and to our clients

Although we are quite small, our work is very varied. The studies on which we collaborate involve drugs, biologics, devices, vaccines, and behavioral interventions. We work in many different disease areas, with special emphasis on cardiovascular disease, sepsis, malaria, and AIDS. One of our special areas of expertise involves the management of Data Safety Monitoring Committees. We encourage our staff members to remain active in the statistical community at large. Staff regularly attend professional meetings and take short courses.

Applicants should send cover letter, resume, writing sample, a sample computer program, and transcripts (both graduate and undergraduate) by email to Ms. Laura Chapman ([laura@statcollab.com](mailto:laura@statcollab.com)) or by snail mail to:**Janet Witten, Ph.D.**  
Statistics Collaborative, Inc.  
1625 Massachusetts Ave., NW, Suite 600  
Washington, DC 20036For information about us, visit [www.statcollab.com](http://www.statcollab.com).

## Classifieds

### JOBS

#### Child Care



#### TEACHERS-ECE JOB FAIRS

Thursday, September 13, 2007  
3:30-6:30 pm  
and

Saturday, September 15, 2007  
9:00 AM-12:00 Noon

NOAA  
1315 East West Highway-Terrace Level  
Silver Spring, Maryland 20910

(METRO: Silver Spring Metro Stop. Escalator to ground level-exit onto Colesville Rd. Go one block to East/West Highway. Walk up the hill and see 3 tall buildings. The center building has a sculpture of a hand in front (building #3). Go into that building and take the elevator to the first floor. Exit to the terrace and turn right to the child care center.)

• **Seeking Infant, Toddler, Twos Teachers.** Must have AA/BA in ECE, CDA, or 12 college credits in ECE w/ 1 year experience  
• **Excellent benefits:** paid sick/vac/holidays, health/dental/disability insurance, tuition reimbursement, 401k, career advancement, training & more!

Apply on line at [www.brighthorizons.com/careers](http://www.brighthorizons.com/careers)  
For more information

Contact [ptenley@brighthorizons.com](mailto:ptenley@brighthorizons.com)

JOIN THE BRIGHT HORIZONS TEAM, HONORED  
EIGHT TIMES AS ONE OF FORTUNE MAGAZINE'S  
"100 BEST COMPANIES TO WORK FOR".

Visit [www.brighthorizons.com](http://www.brighthorizons.com) and see why!  
Bright Horizons is an Affirmative Action Employer,  
Committed to diversity in our workplace.

#### Construction

#### Crane Operator Metropolitan DC/Northern VA

C.A. Murren & Sons, a land development road/contractor, is seeking a **Linkbelt RT-850 Hyd Crane Operator**, with NCCCO certification. Must have stable work history, & clean driving record. Excellent pay, medical, paid vacation, 401k w/co. contrib. Pre-employment drug screening required. Send resume to:

[chopkins@camuren.com](mailto:chopkins@camuren.com)  
Ph: 703-579-8533 / Fax: 678-597-0919

#### Construction

#### Utilities Superintendent/ Foreman Metropolitan DC/Northern VA

C.A. Murren & Sons, a land development/road contractor, is seeking a management professional w/5 yrs experience in all phases of sanitary, storm, and water line construction. Must have stable work history, & clean driving record. Excellent pay, medical, paid vacation, 401k w/co. contrib. Pre-employment drug screening required. Send resume to:

[chopkins@camuren.com](mailto:chopkins@camuren.com)  
Ph: 703-579-8533 - Fax: 678-597-0919

**DANCERS**— Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

**DENTAL ASSISTANT**— F/T, Temple Hills/Marlow Hts. MD x-ray cert req'd. Salary commens., w/exp. Benefits pkg. Please call 301-630-5502 or fax resume: 301-630-0287.

#### Dental Hygienist

Arl/Clarendon. F/T. Mon-Thurs. Friendly office. Call 703-243-1810.

#### National Lutheran Home

#### DIETICIAN

The National Lutheran Home has a full-time opening for a Registered Dietitian. We are a 300 bed continuing care retirement community in Rockville, MD. Responsibilities include MDS documentation and interdisciplinary care plans. Excellent salary. Full-time position offer: fully paid medical, dental and life insurance, great leave benefits, 10 paid holidays, and a generous pension plan. If you are interested in joining a team with 'Tradition of Caring' apply in person 7 days a week from 7am-7pm at: 9701 Veirs Drive, Rockville, MD 20850 or fax resume to 301-217-0301. EOE

#### Drafting

#### Detailer

Structural and miscellaneous metal detailer. Experience working with Auto Cad 2006 preferred. Immediate opening available for long term employment. Salary based on applicants credentials and abilities. Please contact Ron Lamot (301) 277-0508 x113.

#### DRIVER

Class A CDL with H & T endorsement for local construction co. Call 301-277-8220

**DRIVER \$**— A great opportunity for 5 professional couriers! Comm + gas incentives. Potential \$600-\$800 a week. Benefits offered by a 3rd party co. If you own a car or van, call Don (M-F) 301-419-2626.

#### DRIVER

Bring your own car, van or truck, 24/7 delivery in the Mid-Atlantic. Paid weekly. Call 301-495-0000

**Driver (Dump Truck)**— Exper w/ CDL license. Call 703-618-4479.

**DRIVER** — Earn \$600-\$800/week FT, \$9-14/hr PT. Driving for TakeOut Taxi, the area's largest restaurant delivery service. Own vehicle req'd. Call: 301-571-0111.

**Driver** Premier No. VA, Office Furniture Dealer  
Seeks Drivers and Installers.

Applicants must have a good driver record. Competitive salaries and excellent benefits, 401K, and Health Ins.

For Information Call 703-562-4302



#### DRIVERS

Full-time & Part-time  
positions available  
1st & 2nd Shifts Available  
\$8.35 hr Weekly pay

**Qualifications:**  
• 25 years or older  
• Valid VA Drivers License  
• Must provide a current driving record Perfect for Retirees

Applications Taken

Monday thru Friday from 9am-3pm @ 23540  
Autopilot Drive Dulles VA 20166  
Ph: 410-768-0020

#### DRIVERS

KT Irrigation LLC is currently seeking Drivers, CDL a plus. Excellent pay & bonuses. Fax resume to: 703-327-5963, attn: S. Anderson or email sanderson@ktenterprises.com, or call 703-327-2332.

#### DRIVERS

#### TRANSIT BUS OPERATORS WANTED

Award winning local bus system looking for customer focused candidates to join our growing team.

#### We offer:

- Competitive salaries starting at \$ 14.75 with growth potential
- Overtime opportunities
- Best 401(k) retirement plan in our industry
- Fully paid medical, dental, vision, life benefits
- Performance incentives
- Company paid leave
- A future with a progressive, employee oriented company

#### Qualified candidates will have:

- Verifiable & stable work history
- Excellent safety record
- Proven customer service skills and positive attitude
- Exp. driving buses/large vehicles pref'd, will consider right combination of exp. skills, & abilities
- Knowledge of Alexandria streets desirable
- CDL-B pref'd, will consider applicants with VA CDL permit

Call 703.370.3274 ext 628 or apply at [www.dashbus.com](http://www.dashbus.com)



Alexandria Transit Company

#### Fitness

#### The Sports Club/LA 1170 22nd St., NW Wash, DC 20037

We are the finest sports and fitness club company in the world dedicated to enhancing our Member's lives. Only those candidates who have excellent communication/organizational skills and a drive to provide exceptional customer service need apply. Full Time or Part Time available.

#### Private Trainer

- NASM CPT certification required. New hires must complete this requirement within six months of hire date.
- ACE, NSCA or ACSM, or NASM Certification and/or a degree in progress in Exercise Science, Kinesiology, Physical Education, Sports Medicine, or equivalent preferred.
- Current CPR Certification.
- Practical experience in the field.
- Knowledge of current fitness trends and safety practices.
- Flexible schedule. Capable of maintaining a minimum of 20 hours per week with the majority of hours coming from private training sessions.
- Prefer ability to program for the following special populations: De-conditioned, Children, Orthopedic & Medical Conditions, Seniors, and Sports specific.

Excellent pay and benefits, including free club membership, vacation, sick and 401K with company match for those eligible employees. Candidates can either apply in person daily from 9:00am-5:00pm or email resume to [eholmes@mp-sportsclub.com](mailto:eholmes@mp-sportsclub.com). EOE

#### FURNITURE MOVERS

Office Movers, Inc., the areas largest commercial moving and storage company needs P/T movers/packers for day/evening & w/end work. Clinton 301-877-6669; Alexandria 703-360-5900 EOE

### ELECTRICIAN

The Washington Post has an immediate Full Time opening for an experienced Electrician in our Downtown DC office.

The qualified candidate will possess at least 4 years of trade/j journeyman experience (DC Journeyman license preferred), 4 or more years exp. maintaining & trouble shooting electrical systems; working knowledge of the Nat'l Electric Code; knowledge of blueprints & schematics; good organizational/problem solving skills & the ability to adjust priorities quickly.

The responsibilities of this position include performing small electrical projects & renovations; working with fire alarm & security system; working with other craft & contractors; and working well without full time supervision.

Send cover letter w/ sal. req's & resume to:



ATTN: HR/ELECT/JB

1150 15th St., NW

Washington, DC 20071

Fax (202) 912-3677

TalentSearch@washpost.com

We are committed to diversity

& promote a drug-free environment.

### HOTEL

#### Holiday Inn College Park 10000 Baltimore Ave College Park, Md 20740

is currently seeking individuals who would like to enjoy a productive and positive working atmosphere. We are looking for the following position:

- Front Desk Supervisor
- Night Auditor
- Servers
- Hostesses
- Line Cooks
- Bartenders

Candidates must work

flexible schedules.

Apply in person or

fax resume to

301-441-2471

Email:

[info@hicollegepark.com](mailto:info@hicollegepark.com)

NO PHONE CALLS PLEASE

Hotel



Travel should take you places! Hilton Washington Hotel has the following job opportunities:

- Senior Catering Manager
- Asst. Restaurant Manager
- Senior Event Manager
- Event Service Manager

To apply please visit our career website [hiltonfamly.jobs](http://hiltonfamly.jobs) if you have any questions about applying please call 202-797-5796

We are committed to a drug-free workplace.

EOE/M/F/D/V

### Non-Profit



#### Manager of Foundation Relations and Major Gifts

The National Center for Missing & Exploited Children (NCMEC) seeks a Manager of Foundation Relations and Major Gifts to identify, develop and maintain sources of private funding to support these important missions. This position will work with the Vice President of Development and the Development Director to set a strategic direction for foundation fundraising and major donors. Additionally, the manager will conduct research to identify individual and foundation prospects, cultivate relationships with key prospects, write letters of inquiry and grant proposals, and work in concert with internal departments to develop budgets and goals. This position requires a bachelor's degree and a minimum of five (5) years of relevant grant proposal and fundraising experience. The successful incumbent will have exceptional writing skills and the ability to communicate effectively in a variety of methods and with a diverse population. This position requires a strategic and creative thinker and the ability to work independently. NCMEC offers a competitive salary and excellent benefits. For more information, please visit our web site at [www.missingkids.com](http://www.missingkids.com). Qualified candidates should email cover letter and resume with salary requirements to Human Resources at [careers@ncmec.org](mailto:careers@ncmec.org). EOE

#### Nursing



If you are interested in joining a team with a 'Tradition of Caring' come in to complete our application. We are the National Lutheran Home, a Continuing Care Retirement Community, with over 100 years experience. We currently have the following nursing employment opportunities:

#### RN Nurse Managers

Full-Time, M-F, Day Shift

#### RN Supervisors

Part-Time, Weekend Day Shift

#### RN & LPN Staff Nurses

Full-Time, Part-Time & PRN, All Shifts

#### GNAs

Full-Time, Part-Time & PRN, All Shifts

Excellent salary. Full-time positions offer: fully paid medical, dental and life insurance, great leave benefits, 10 paid holidays, and a generous pension plan. We offer pro-rated benefits for part-time. Apply in person 7 days a week, 7am - 7pm. EOE

#### National Lutheran Home 9701 Veirs Drive Rockville, Maryland 20850

#### PHYSICIAN

Primary care private practice serving General HIV and Spanish speaking communities. Dupont Circle, Washington, DC. Email CV to [cacmdpc@pol.net](mailto:cacmdpc@pol.net) or fax to 202-667-0532.

#### Professional Audiovisual - DC JOB FAIR!

PSAV Presentation Services is the leading supplier of audiovisual and event technology to hotels, associations, producers and meeting planners worldwide.

We are currently seeking entry level, experienced and management personnel in the Washington D.C. and Northern Virginia marketplace and will be hosting a Job Fair and Open House to be followed by on-site interviews.

**WHEN:** Thursday, September 13, 2007

**WHERE:** Hilton Alexandria Mark Center

500 Seminary Road

Alexandria, VA 22311

**TIME:** 9:00 am, 1:00 pm and 5:00 pm.

Please RSVP to 1-800-479-1804 ext. 2990 as to which session you would like to attend.

For more information, please visit our website at [www.psva.com](http://www.psva.com).

#### PROGRAM COORDINATOR

Recreation Degree or 3 yrs exper. in Senior Care. PG Co. area. Fax resume to: 301-867-8513.

#### QUALITY ASSURANCE ANALYSTS

Needed by innovative restaurant software development company. Ideal candidate must have Visual Basic knowledge. Prior experience with automated testing of software programs in a Windows environment, knowledge of RATIONAL TEST and previous restaurant experience would be a plus.

Mail, e-mail COVER LETTER, resume and salary history to:

**Menusoft Systems Corporation**

Attn: Paula Hagstrom

7370 Steel Mill Drive

Springfield, VA 22150

[phagstrom@menusoft.com](mailto:phagstrom@menusoft.com)

#### RECEPTIONIST

Looking for FT Receptionist for Auto Glass company in Springfield VA. Must be bilingual English/Spanish. Call John or Shila at: 703-440-0004

Please apply in person on Monday and Wednesday from 10-1pm. Email your resume to [Resha.Howard@hilton.com](mailto:Resha.Howard@hilton.com) or fax your resume to 202-521-1620. Also feel free to check our job hotline @ 202-521-1653 for employment information.

**WeekendPass. Top-rated. Thursday.**

**readexpress.com**

**WeekendPass. Noteworthy. Thursday.**

xx141x 1x1

nine simple numbers

you learned by age 3

**play**

**su | do | ku**

The fun addictive logic game—every day!

xx141x 1x1

## Classifieds

## JOBS

## JOBS

See what makes us different: [www.costar.com/careers](http://www.costar.com/careers)



Customer service-focused professionals wanted TODAY!  
Columbia & Bethesda (training provided!)

CoStar Group (NASDAQ: CSGP) is the leading provider of information services to the Commercial Real Estate industry in both the U.S. and the U.K. We have been recently ranked 48th among the "100 Fastest Growing Tech Companies" by Business 2.0 Magazine – come find out why.

## RESEARCH ASSOCIATES

- \$34K base salary plus unlimited performance-based bonus opportunity
- \$1,000 Sign-On Bonus for Columbia

As a vital member of our research team, you will provide the highest level of customer service by ensuring that accurate information is accessible to the Commercial Real Estate industry. Your previous work experience and/or college degree, along with your outstanding communication and time management skills will help you become a respected Commercial Real Estate expert!

## RESEARCH MANAGERS

You will make your mark on the Commercial Real Estate industry by analyzing trends and identifying opportunities for new client relationships, while managing and motivating teams in a metrics-driven environment. If you're a driven, experienced leader with a Bachelor's degree, 3-5 years of management experience and are proficient in Microsoft Office, then this is the job for you!

- Paid Training • Competitive Base Salary plus Unlimited Bonus Opportunities • Defined Career Advancement • Excellent Benefits
- 401(K) with Company Match • And More.

Visit our Online Career Center TODAY to learn more and submit your resume:

[www.costar.com/careers](http://www.costar.com/careers)

EOE m/f/d/v. Drug-free workplace.



## FINANCIAL SERVICES



## CURRENT OPPORTUNITIES

## OPERATIONS

NASD Series 6 and 63 licenses preferred for some positions

- Investment Call Center Reps
- Records Management

## INFORMATION TECHNOLOGY

- Systems Analyst
- Business Analyst (IT)
- Internet Security Analyst
- Web Applications Programmer

## ACCOUNTING &amp; FINANCE

- Sr. Corporate Accountant
- Financial Analyst/Planning & Budget
- Sr. Audit Professional

## MARKETING

- Marketing Presentation Specialist (Design & Marketing skills)

## HUMAN RESOURCES

- Corporate Trainer

ICMARC is a leading provider of retirement plans for state and local employees, with management and administration of more than \$28 billion for more than 750,000 participants. The corporation, a nonprofit established in 1972, offers 457 deferred compensation and 401 defined contribution plans, as well as a no-fee IRA and other retirement-related products, exclusively to public sector employees.

Reach Your Peak for ICMARC. Headquartered in Washington, DC, our culture is values-driven, employee-friendly, energetic, proactive, committed to quality and leadership. We have the capacity and financial strength to always think long-term, and we use technology to remain smart and nimble. We are terrific navigators, have extraordinary vision and we love to win in our fiercely competitive marketplace.

We have an extraordinary talent base, and we invite you to consider ICMARC; an opportunity to Reach Your Peak.

[www.icmarc.org](http://www.icmarc.org)

ICMARC is an Equal Opportunity Employer

RECEPTIONIST—Needed ASAP. Bilingual pref'd. (English/Spanish) \$11-\$20/hr. NoVA (Sterling, VA) Call 571-313-0579.

## Restaurant

## WAITRESS/WAITER

Must be over 21, neat & dependable person to work in established, family-owned and operated restaurant/bar. Good pay & tips. FT/PT. Call for appt. at 202-726-1511. 200 Upshur St, NW, DC 20011.

## RESTAURANT

## PREMIERE COFFEE SHOP

Join a winning team as a **Barrista** or a **Supervisor**. Starbucks/Sodexho is opening a new store in the Chantilly, VA. area. (M-F Shifts), top rates and benefits. Must be a US Citizen. Call for interview.

703-374-1192

## Restaurant

## Opportunity of a lifetime!

Be part of the Food & Beverage Team at the new restaurant **West End, A Bistro** by Chef Eric Ripert 22nd & M Street Opening Oct 2007

F&B Servers  
Food Runners  
Bartenders  
Host/Hostess  
Culinary-Cooks  
F & B Supervisor

All applicants must have previous F&B experience. Applicants must complete an online application ASAP.

<http://careers.ritzcarlton.com>

Applicants will be contacted for interviews beginning Sept 12th 2007. We offer competitive wages and excellent work-life benefits.

The Ritz-Carlton Hotel Company is a drug-free workplace. EOE M/F/D/V

## Restaurant

## MANAGEMENT

The Greene Turtle Sports Bar And Grille is fun, dynamic and growing and we are currently seeking a qualified, experienced Kitchen Manager. We offer a competitive salary, health insurance and great benefits. Please e-mail resume to [gtrznctr@thegreeneturtle.com](mailto:gtrznctr@thegreeneturtle.com) or call 202-637-8889

## RESTAURANT

## Computer Support Technician

needed for an innovative restaurant software development company. Ideal candidate must have the following experience or aptitudes:

1. MUST HAVE RESTAURANT EXPERIENCE & knowledge of point-of-sale systems
2. Knowledge of and experience w/Windows98/NT/XP/2000/2003 Server
3. Familiarity w/numerous computers and hardware components

Mail, or e-mail COVER LETTER and resume to:

**Menusoft Systems Corporation**  
Attn: Paula Hagstrom  
7370 Steel Mill Drive  
Springfield, VA 22150  
[phagstrom@menusoft.com](mailto:phagstrom@menusoft.com)

Rest/Line Cook— experienced line cook for busy Italian restaurant, FT days and nights. Call 202-775-7220 ask for Mrs. Black or Mr. B.

## RESTAURANT MANAGER

The famous Ristorante i Ricchi, a white table cloth, upscale restaurant, is currently interviewing for management positions. Salary, Vacation, In-house parking, and health benefit package included. Five or Six day work week, closed on Sundays. Please fax (202) 822-6988 or email [iricchi@aol.com](mailto:iricchi@aol.com) resumes to the attention of R. Stewart.

## Retail

MANAGEMENT JOB FAIRS  
For our newest stores in:  
Fairfax, VA; Columbia, MD  
and Rockville, MD  
Opening Fall 2007

Due to continued growth, Golf Galaxy, the interactive golf superstore, is holding a Management Job Fair. We might just have everything you have been looking for in a new career.

Apply in person with potential to interview for the following positions:

- Assistant Sales Manager
- Operations and Visual Merchandise Manager
- Golf Repair and Components Sales Manager

Also accepting applications for PGA Professionals, Receiving Lead, Club Repair, Sales Associates, and Cashiers.

We actively seek individuals who enjoy a fast-paced environment with strong management, sales and customer service skills. In return, we offer competitive pay, outstanding employee discounts and excellent benefits.

Apply in person with potential to interview Wed 9/12 thru Fri 9/14, 10 am-7 pm at either of the following locations:

Hyatt Fair Lakes  
12777 Fair Lakes Circle  
Fairfax, VA

Sheraton Columbia  
10207 Wincoptin Circle  
Columbia, MD

If unable to attend, please email resume and cover letter including salary requirements to [John.Kollm@GolfGalaxy.com](mailto:John.Kollm@GolfGalaxy.com). EOE

Retail—Managers, Manager Trainees Harold Pener, hands on exp. Fax resume 301-853-7855 or call 704-258-2274

## Retail

## AEROSOLES

Retail Assistant Managers  
and Sales Associates

Aerosoles has exciting opportunities for Assistant Managers and Sales Associates at our locations in MD, VA and DC. We seek candidates who can drive sales and have exceptional customer service skills. Management candidates must have 1-2 years retail experience, with 6-12 months prior management experience preferred. Sales Associate candidates should have 6-12 months prior retail experience. We offer a competitive salary, benefits and a generous merchandise discount. Send resume to [sstevens@aerosoles.com](mailto:sstevens@aerosoles.com). Please include salary history/requirements.

## RETAIL SALES



TOURNEAU, the world's largest luxury watch store has employment opportunities in Pentagon City at Fashion Centre in Arlington. Sales, Service, Watchmaking, and Cash/Office positions are available. Multilingual and retail experience a plus. Full-time opportunities with flexible hours. Excellent compensation & benefits. Mail, Fax or Email resume. EOE

## TOURNEAU SINCE 1900

Attn: Store Manager  
Fashion Centre @ Pentagon City  
1100 South Hayes Street  
Space H03A  
Arlington, VA 22202  
Fax # 703.414.8468  
E-mail: [pentagonmgr@tourneau.com](mailto:pentagonmgr@tourneau.com)

Sales-Carpet Sales— FT Experience.  
703-771-3383.

## SALES

## CHANGE YOUR LIFE, NOT JUST YOUR JOB

Work with us and learn how to make \$6K per month.

Join us now and receive:  
Salary/25-40%  
Commission plus bonuses

- Paid Training
- Full benefits package
- Company car allowance

Candidates must:  
• Have a Valid Drivers License  
• Be at least 24 years of age  
• Be able to work demanding hours

You also MUST have:  
• A PROFESSIONAL neat appearance  
• Very good communication skills

Apply in person  
Tuesday, Wednesday & Thursday  
10:00am-11:30am

## POHANKA

TEMPLE HILLS, MD  
301-899-7800

## SALES

CPS, a nat'l sub-prime auto finance co. seeks sales reps in the Alexandria/Arlington, VA and Eastern Shore, MD to call on auto dealers. Knowledge of auto finance req'd. Sal+comm, Med/den benefits.

Fax resume to: 949.450.6933 or [email.Theresa@consumerportfolio.com](mailto:email.Theresa@consumerportfolio.com)

**SALES/MKTG MGMT OPPTY**

Entry level \$600-\$900/wk

Oppty. to learn mktg & tech integration in education field. Preset/pre-qualified appts. NO EXPER. Training provided. Salary/comm. Car required.

703-683-8900

## Sales

## SPORTS AND MARKETING

Work with pro NFL/NBA/MLB sports teams. Positions in Sales, Management, Public Relations & Marketing. Entry-level management positions also available. Professional image a must. Will train. Up to \$800-\$1000/wk. Call Melissa, 571-633-2330. [www.skyhighmktginc.com](http://www.skyhighmktginc.com)

**SECURITY GUARDS**—Armed SPO's for premier downtown loc. Must possess valid Armed SPO Commission, min 2 yrs exper. Prior law enforcement or military a plus. Professional appearance, conduct and good work ethic. FT/PT. Salary negotiable.

Call Mon-Fri, 10am-3pm: 202-293-2011 or fax resume to 202-293-1095

## Security Guard

PT on Call. Must be 21+. DC guard license pref. Willing to train. Wkly pay. All shifts avail. Apply at [www.ppsvc.com](http://www.ppsvc.com) or 1050 17th Street, NW WDC 20036, or fax resume to 202.496.1286.

## Security MARYLAND ARMED GUARDS

Immediate openings. MUST HAVE Maryland HANDGUN PERMIT. Call 301-602-0996

## Security

## SECURITY OFFICERS

50 immediate openings. Downtown DC. All shifts. Weekly pay, no experience necessary. Apply 9am-5pm, CES Security 8555 16th St, Ste 100, Silver Spring, MD. 301-608-8264.

**SERVICE TECH**—Needed for appliance repair in NoVA (Sterling, VA). \$15-\$35/hr. Own Transportation. Call 571-313-0579

## Social Services



Girls and Boys Town of DC is hiring for:

- Family Teaching Couple
- Assistant Family Teachers
- TFFS Coordinator
- TFFS Consultant
- Program Operations Manager

Go to [www.girlsandboystown.org](http://www.girlsandboystown.org) click on careers then on site locations for job descriptions, requirements and to fill out an on-line application. Drug Testing/EOE

## Sprinkler

## IRRIGATION FOREMAN

KT Irrigation LLC is seeking Irrigation Foreman. Must have valid driver's license, full benefits, excellent salary and bonuses. Fax resume to: 703-327-5963, attn. S. Anderson or email [sanderson@ktenterprises.com](mailto:sanderson@ktenterprises.com) or call 703-327-2332.

Teachers/Preschool

## INFANT, TODDLER &amp; PRESCHOOL TEACHERS NEEDED

Must have degree in ECE or CDA. Near Foggy Bottom Metro.

Fax resume to 202-663-3572 or call 202-663-3555

## TRAVEL AGENT

Sr. Group Air Agent w/7+ yrs exp. in reservations & ticketing for incentive groups & meetings. Negotiate group air contracts w/airlines. Prepare weekly ARC report. SABRE. Service VIP clients. Pleasant work envir. Old Town Alexandria, VA. Fax: 703-683-4545

## Classifieds

## JOBS

Telemarketing

**ACCESS**  
WORLDWIDE  
TelAc Teleservices Group

Telephone Account Manager (VAO)  
\$1,000 Sign-On Bonus  
(See recruiter for details)

**at&t**

**Qualifications:**

- Undergraduate degree or at least 2 years of relevant sales &/or account management exp.
- Knowledge & understanding of sales techniques
- Assessment techniques of examining, questioning, evaluating & reporting sales
- Demonstrates effective negotiation & closing techniques
- Strong analyses and judgment skills
- Works well independently as well as in a team environment
- Solid Windows PC navigation ability
- Proficiency in Excel, Word, Outlook and Internet
- Strong written & verbal communication skills
- Can type at least 25 WPM

This Position is for our VA office, we are also conducting interviews in MD

**Rosslyn Metro**  
1820 N. Fort Myer Drive  
Suite 300  
Arlington, VA 22209  
Call: 703-292-5211

**PG Plaza Metro**  
6505 Belcrest Rd.  
Suite 100  
Hyattsville, MD 20782  
Call: 571-438-6556

• Health, Vision and Dental Insurance  
• 401(k) • Life Insurance • Paid Training  
• Great Environment & Growth Opportunities

**Fax:** 866-589-7312  
**E-Mail:** recruitment@accessww.com

## Tub

**AUTOMOTIVE REFINISHER**  
Wanted, for tub reglazing. Potential \$60K-\$90K/yr.  
Must speak fluent English. Must have good transportation. **703-331-1802**

**Vet Recept/Asst.** — Cat Hosp PT/FT Flex hrs. Fax res: 703-536-4398 or apply: 7189 Lee Hwy, Falls Church, VA.

## Boy or Girl?

(You know before they do!)

Make the most exciting moment in their life a part of your career by training as a

### Diagnostic Medical Sonographer!

Call now and ask for a career training brochure!

**888-771-2433**  
www.sblandover.com

8401 Corporate Drive, Suite 500, Landover, MD 20785

### FEELING LEFT BEHIND?

**ACT** College

No High School Diploma?

We can help!

### ALLIED HEALTH TRAINING - IT'S ALL WE DO!

medical • dental • pharmacy • medical imaging

arlington • alexandria • manassas

\*\*WE ACCEPT STUDENTS WITHOUT A HS DIPLOMA OR GED\*\*

**Call Now: 866-970-8484**  
**www.actcollege.edu**

CERTIFIED IN VA BY SCHEV • ACCREDITED BY ABHES • PROGRAMS VARY BY CAMPUS  
1100 WILSON BLVD, MALL LEVEL • ARLINGTON, VA 22209

## VETERINARY TECHS &amp; TECH ASSISTANTS

MASH announces the grand opening of Allied Partners Veterinary Emergency Service, a state-of-the-art after-hours veterinary emergency hospital located in southern Maryland. We are looking for experienced technicians and assistants to join our rapidly expanding 24 hour emergency and specialty referral practice. Ideal candidates are team players who possess high clinical standards and are attentive to detail. Part-time and Full-time, 2nd, 3rd and weekend shifts available. Vet experience a must. We offer a competitive compensation and benefits package. Come be a part of our exciting growth. 301-855-9106 fax; [www.vetmash.com](http://www.vetmash.com)

## Warehouse

We HAVE JOBS!!!! Landover distribution center needs warehouse workers with 2+ years order picker & palletjack exp. No felonies. Immediate openings- Start tomorrow! Apply in person:

**Steadystaff**  
312 Marshall Ave  
Suite 106  
Laurel, MD 20707  
301-362-3081



Agricultural Research Service  
[www.ars.usda.gov](http://www.ars.usda.gov)

## Writer/Editor

Beltsville, Maryland

Description: USDA's premier research agency is seeking a talented writer/editor for a full-time permanent position in the Office of the Associate Administrator for National Programs. You will write about cutting-edge agricultural science and related issues and prepare correspondence and other briefing materials to respond to a wide variety of stakeholders.

Pay Scale: GS-9/11 (\$46,041-\$72,421)  
Open Period: 8/21/07 to 9/24/07

Details: Complete vacancy announcement (#ARS-X7E-0260) and instructions are available at [www.ars.usda.gov/careers](http://www.ars.usda.gov/careers); call 301-504-1350 for a print copy. Applications must be postmarked by 9/24/07. U.S. citizenship is required.

USDA-ARS is an equal opportunity employer and provider.

**WeekendPass makes the weekend rock.**  
Every Thursday in Express.

**WeekendPass. Noteworthy.** Thursday.

X1436 1x.5

**WeekendPass performs.** Thursday.

## CAREER TRAINING AND EMPLOYMENT SERVICES

Become a Certified Computer Tech in just 8 weeks



**(888) 639-6244**

Become A LICENSED PRACTICAL NURSE (LPN) IN 12 MOS.  
Very low tuition. AIH 703-486-0111

**MASSAGE THERAPIST**  
Hands-On Training  
Day and Evening Classes  
Job Placement Assistance  
Financial Aid if you qualify

**Americare**  
**877.240.4488**

**MEDICAL OFFICE TRAINING** with Billing & Coding



Financial Aid if you qualify  
**1(888) 407-8222**  
CTO SCHEV

**WeekendPass performs.** Thursday.

**WeekendPass rocks.** Thursday.

**WeekendPass. Top-rated.** Thursday.

**WeekendPass performs.** Thursday.

Train to be a  
**MEDICAL ASSISTANT**  
**NURSING ASSISTANT**

**Americare**  
**877.240.4488**

**CONSTRUCTION MANAGEMENT**

Train for a career in Construction Management at **Westwood College**  
Call 877-852-7122 today to receive your free Career Success Kit!  
[www.westwood.edu/locations](http://www.westwood.edu/locations)

**CRIMINAL JUSTICE**

Train for a career in Criminal Justice at **Westwood College**. Call 888-792-5125 today to receive your free Career Success Kit!  
[www.westwood.edu/locations](http://www.westwood.edu/locations)

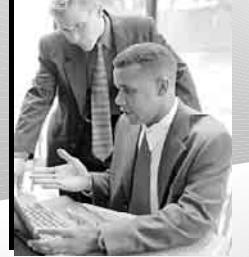
**DATA ENTRY/FINANCIAL**

Cash in on your data entry skills. Freelance work, FT/PT. Earn \$30-60/hr. Providing financial data entry services. Small businesses need your help! Exper. is a plus but not req'd. Complete training is available.  
FREE 2 HOUR SEMINAR  
Saturday, Oct. 13, 2007 10am-12noon.  
COURTYARD MARRIOTT  
2722 Gallows Road, Vienna, VA 22180  
For info or to register, visit: [www.dataentrycareers.com](http://www.dataentrycareers.com) or call: 800-899-1980 UAC

## GET THE SKILLS EMPLOYERS WANT IN AS LITTLE AS 6 MONTHS!

**Medical Office Assistant**

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



**Office Administration**

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable

\* Financial Aid Available If Qualified \* Placement Assistance Available

**Career Technical Institute**  
Formerly Career Blazers Learning Center

888-639-8766  
2131 K St. NW  
Btw. 21st & 22nd St.

## Be a HIT Train for a career in Health Information Technology

**MEDICAL OFFICE Diploma**  
in as little as 7 months!

**HEALTH INFOTECH Degree**  
in as little as 14 months!

Financial Aid If You Qualify  
Day, Evening or Weekend Training  
Career Placement Assistance



**1(888) 407-8222**

Programs and schedules vary by campus

Licensed In VA by SCHEV

## Classifieds

## CAREER TRAINING AND EMPLOYMENT SERVICES

**LEARN ENGLISH** *San* since 1939  
Se Habla Español  
**1(877) 844-2505**

## Loan Officer-Training Class

Earn more than \$100K 1st yr. Class start 9/24. Lmted.

seating \$175. 301-384-1200. namcmortgage.com

**MEDICAL LEARNING CENTER**  
Offers  
**PRACTICAL NURSE PROGRAM (LPN)**  
For Details Call:  
**(703) 527-0055**  
1840 Wilson Blvd., Arl., Va  
No Walk-ins Please • No Financial Aid  
Interviews by Appt. Only

## PARAMEDIC TRAINEE

Come join our paramedic trainee program. Classes meet weekly. Upon completion you will take the certification exam. Call for details. Close to Metro Center.

WESTLINK CAREER INSTITUTE  
202-383-2899

## Prepare for a new life!

Make a difference,  
even with the little ones  
as an Ultrasound Technician.  
Train in less time than you think!

**Career services available**  
Financial Aid for those who qualify.  
Training includes an externship!

For a Brochure,  
call now! 888-771-2433  
Sanford-Brown Institute  
8401 Corporate Dr. Ste 500  
Landover, MD 20785

## SERIOUSLY, MAKE A CHANGE!

Don't settle for a deadend job  
Get career training from  
TESST College of Technology  
Call Now!  
888-966-4400 Dept #233

TESST College of Technology

## TRAIN TO BECOME A MEDICAL ASSISTANT IN LESS TIME THAN YOU THINK

Three locations to choose from!

Everest College Arlington Campus  
801 N Quincy, Suite 500  
Arlington, VA 22203Everest College Tysons Campus  
1430 Spring Hill Road, Suite 200  
McLean, VA 22102Everest Institute Silver Spring Campus  
8757 Georgia Avenue  
Silver Spring, MD 20910CALL: 888-259-5889  
VA schools are SCHEV Certified

## TRAIN FOR A CAREER IN CRIMINAL JUSTICE AT EVEREST COLLEGE

No high school diploma or GED?  
We have options!Tysons Corner Campus  
1430 Spring Hill Road, Suite 200  
McLean, VA 22102Arlington Campus  
801 N Quincy, Suite 500  
Arlington, VA 22203CALL: 888-249-8093  
VA schools are SCHEV Certified

## TRAIN FOR A CAREER IN HOMELAND SECURITY AT EVEREST COLLEGE

Graduate in less time than you think!

Tysons Corner Campus  
1430 Spring Hill Road, Suite 200  
McLean, VA 22102Arlington Campus  
801 N Quincy, Suite 500  
Arlington, VA 22203CALL: 888-249-8108  
VA schools are SCHEV Certified

**RizeUp Technology Training**  
**Microsoft Office Specialist**  
**Only \$399.00**  
Call 202.257.4653  
[www.rutrained.com](http://www.rutrained.com)

**Westwood College**  
Train for a new and exciting career at  
Westwood College. Call 877-852-9712  
today to receive your free  
Career Success Kit!  
[www.westwood.edu/locations](http://www.westwood.edu/locations)

## BUSINESS AND FINANCIAL OPPORTUNITIES

GAS STATION, BEER &amp; WINE, CONV. STORE, HOTEL, MOTEL—Anwar Kamal, 301-675-8989

VENDING—Hi-volume location, Springfield, VA. Going out of business! CALL Ned 202-439-6100

## STUFF

8PC-Cherry sleighbed set New in boxes \$585. Can deliver. 301-343-8630. Nice set

ACER VERITON 7600G P4 2.8GHZ 512MB 80GB CDRW XPRO \$299 [www.PCRETRO.com](http://www.PCRETRO.com)

Va(703)821-1400 Ax(703)370-5440

BD \$130 full sz. new in plastic. Can del. 240-372-6691/703-961-8383

BD—\$245/King Pillowtop Set brand new/plastic, can del. 301-343-8630

## BLOWOUT SALE!

Hardwood floor \$5.98 sq ft. Carpet \$1.59 sq ft. Price includes installation. 301-341-2499.

MATT \$150 Qt Double pillowtop set new in plastic. Can del 301-399-7870

Sofa/LoveSeat Leather, life time warr  
New in cartons \$675 301 399-7870

## RENTALS

## RIVERDALE

Parkview  
Gardens**888-251-1872**

6400 Riverdale Road • Riverdale, MD 20737

## NOW A GATED COMMUNITY

- Beautiful Kitchens - Granite Countertops
- Fitness Center on Property
- Wall to Wall Carpet
- FREE APPLICATION FEE

1, 2, & 3 BR  
Huge 2 BR  
Townhomes  
Move in now—  
September FREE!

- Roomy, Modern Apts
- Private Balconies/Patios
- Cathedral ceiling \*select units
- FREE APPLICATION FEE
- Free 6 week summer camp
- 1, 2, & 3 BR AVAILABLE.
- HUGE 2 BR TOWNHOMES

Riverdale  
Village**800-767-2189**

5409 Riverdale Road • Riverdale, MD 20781

Kings Square  
Apartments**877-898-6958**

3402 Dodge Park Road • Landover, MD 20785

Come Visit us Mon.-Fri. 8-5, Sat. 10-4, Sun. 12-4  
CALL FOR FANTASTIC SPECIALS!



**Baltimore**—College student, F, looking for same. 4 min to rent. Immed. occup. \$350 each w/o util. 5 min from Morgan State. 301-627-4120 or 202-498-0673

**Bellevue**—\$1525, SFH, 3 br, 1 ba, W/D, CAC, gas heat, FP, no smoking/pets, 703-360-5885

**Bethesda**—\$1550, Parkside 2br/1ba. Incl Utl.pool, tennis, walk metro, new carpet/paint 973-283-4466

**BLADNSBRG**—New, spac 3BR, 2 1/2 BA, TH. Avail immed, prkg, \$1,600+dep. 240-687-3179/301-537-8645

**BOWIE**—3BR, 2.5BA, End unit TH, like new, +pool, great community, no pets, \$1550 301-262-2623 Open House Sat/Sun

**BRIGHTWOOD**—4 BR 1 fl BA, 2 1/2 BA, fully remod kit, W2W, fin bsmnt, w/d. Sec 8 welcome. \$2500+ 202-486-3187

**BROOKLAND**—\$2600, 4303 12th St, NE, modern 3BR, 3BA w/gar, steps to Metro. Call 202-446-3344

**BROOKLAND**—Wlk to Metro, Close to Catholic Law, 2BR, 1BA, Fin. Bsmnt, Wood Floors, WD, AC, Cov Deck, No Pets, N/S, \$1250, Avail. 10/15. 757 710 6224 [nicgclass@aol.com](http://nicgclass@aol.com)

**BURTONSVILLE**—\$1650, TH, 3BR, 3.5BA, deck, FP, Fin BSMT. 240-498-5162

**BWP KWY**—3901 53rd St. LG 2BR: \$895. AC, new kit & appls, hw flrs. Incl util. 202-362-5919

**Capitol Heights**—\$1895, 5039 Gunther St, 5br 2ba, new w/w carpet, all new appliances. 301-248-5690

**Capitol Hill**—\$2238, 314 T st NE, 4br, 2fb, 3 prkg, sect 8 ok 703-362-0247

**CAPITOL HILL**—647 16th St, NE. 1 Year new, 3 BR 1 1/2 BA, fin bsmnt, gated yard. Near shopping and metro. \$1900. Demetra Weir. 202-352-3367

**Centreville**—\$1550.00, 14816 Hancock Court, Townhome, 3 br, 2 ba, 3 Fls, 12 months, dw, deck, form lr, wd, hw flrs, 703-623-3454

**DALE CITY**—4BR, 1.5BA. Good location, close to college & 95. 703-619-4714

**Del Ray**—\$1900, 121 Clifford Ave, 3 br, 1 1/2 ba, porch, deck, hw flrs, ba w/clawfoot tub, CAC 5712443662

**DUNKIRK**—3BR/2BA Rancher, 2 car gar, grt schls. \$1850. 561-351-3232

**DUPONT CIR**—Studio, 1725 New Hampshire. Available Immediately! \$1450. Call 301-468-2019.

**FORESTVILLE**—**PARKLAND VILLAGE APTS.** 1 BRs from \$834, 2 BRs from \$974, W/D, W/W carpet, dishwasher. For immediate occupancy. 1-888-288-2159

**FT LINCOLN N.E.**—2BR, frpl, patio, bsmnt, w/w carpet, w/d, credit check. \$1400+utils. 202-291-2190

**Ft. Meade**—\$2100-Russett-\$1000 off 1st Mo. 3br, 4ba, gar, 240-723-6584 [aubreybobbsemple@yahoo.com](mailto:aubreybobbsemple@yahoo.com)

**FT MEADE**—3BR TH condo, w/d, cac. \$1300/mo. Section 8 vouchers welcome. Call 202-431-5290

## GAITHERSBURG

## GROVE PARK

NEWLY RENOVATED  
1/2 MILE FR RTE.270

## SIZZLING SUMMER SPECIALS

- Washer and dryer in each apt
- Fitness center and clubhouse
- Ride-on Bus at property entrance
- Swimming pool
- Add'l renovations coming soon

**CALL TODAY!** 866-441-3309

750 Clopper Rd.

Equal Housing Opportunity  
se habla espanol

\*On select apts.

**Georgetown**—\$4700, 1246 27th st, nw, TH, 1100 sf, 3 br, 1.5 bath, 3 Fls, Pets ok, yr lease, hsi, dw, prv gdn, newly ren, wd, hw flrs, fp, 3015208992

**GERMANTOWN**—3BR, 3.5 BA, \$1700 240-683-0071 Taj Realty, Inc.

## GREENBELT

## THE HANOVER

## 1-Month Free on 1-BRs\*

- Newly Renovated
- Washer/dryer in selected apts
- Sparkling Olympic size pool
- Fitness Center
- Conveniently located to 495/95/295
- Limited # of apts. available

**CALL TODAY!**  
(866) 580-0965

\*restrictions apply

**GRNBELT/LANHAM**—3BR, 2 1/2 BA 3lv TH. Fin lower lvl w/fam rm & frpl, den & laundry. New carpet, new paint. Fndc yard. Avail immmed. \$1695. Another TH also avail. \$1595 in Riverdale. 301-774-3620.

**WeekendPass. Delicious.** Thursday.

**WeekendPass pulses.** Thursday.

## Courts of Camp Springs

OPEN HOUSE  
SATURDAY  
9 AM - 3:30 PM



2 BR & 2 BR  
Duplexes Avail.  
**\$899**



William C. Smith & Co.

[www.wcsmith.com](http://www.wcsmith.com)

## \$99 Security Deposit

- Patios/Balconies
- Available for Immediate Occupancy
- Individually Controlled Heat
- **HUGE Laundry Facilities on site**
- Resident Controlled Access
- Close to Metro



## Capital Courts



## Capital Crossing

1 and 2 Bedroom  
Specials starting  
from \$799\*

- Newly Renovated Community
- Spacious Floor Plans
- Convenient to Metro
- Available for Immed. Occupancy
- **FREE Application Process**

\*Call for details

**1-866-204-8062**

Capital Heights, MD

William C. Smith & Co.  
[www.wcsmith.com](http://www.wcsmith.com)

## Classifieds

### RENTALS

HYATTSVILLE EHO

#### WALKING DISTANCE TO:

- Greenline Metro
- Shopping

Transportation at your Door! Elementary school across the street.

Move In Special.  
1 & 2BR from \$770!  
301-853-2315

LANDOVER—3BR 1BA dpxl, kit, DR, LR, front patio, lrg bk yd, \$1350, refs req'd. 301-577-1537

LANHAM-GREENBELT—3BR, 2½BA TH. \$1,750. Call 202-421-4732.

LEDROIT PK—Lge 3BR, 2BA TH, OSP, Metro Shaw & D8 & D2, CU, HU, VA, WHC, avl 9/1. \$2400. 240-643-1624.

Massanutton Resort—1,2 and 4 BR condos for rent nightly or weekly. Golf, Indoor Waterpark and Hiking OR book now for winter skiing! 800-296-6762

MCLEAN—nice 4BR, 2BA home. 1 car garage. Walk to shopping. Lawn service. incl. \$2,700/mo. KDH PROPERTIES 703-522-4927.

NE/133 U St.—Newly renov., 3BR, 1½BA, LR, DR, CAC. Det gar. \$1795 nego. Call Sam, 240-475-6186

NE—3BR 1.5BA. fam rm, eat-in kit. completely renov. No credit check. Will work w/move-in cost. \$950/mo. 202-683-9750

NE—4/5 BR home, 2½ BA, CAC, w/d. quiet street, 202-631-7753

NE SE—Renov. Effcys & 1BR \$700-\$725/mo. Sect 8 ok 202-657-2099

NEW CARROLLTON—1BR/1ba. a/c nr Metro. \$850+ util. 301-560-2408

NW—4BR/3BA, wood fir, new kit/appls/A/C. Totally renov. \$2500. Call 240-593-3735

Odenton—\$1800, 4 br, 2.5 ba, sep. dr, sunroom, dw, w/d, hw firs, deck, within wk dist. to MARC pub transp. avall. 9/15, 410-969-0757

## Kent Village

Apartments & Townhomes

1 & 2 Bedroom Apartments  
2 Bedroom Townhomes

**kentvillage.com**

1.877.819.3119

6707 Hawthorne Street  
Landover, MD 20785  
southernmanagement.com

## Manor Village



### WIN UP TO ONE MONTH'S FREE RENT\*

- 1 BR Starting From \$655
- Free Application Process
- Premier Splashpark
- Boys & Girls Club On-site
- Renovated Kitchens & Baths
- Controlled Access • Walk to Shopping
- Free Metro Shuttle

1-888-275-2914  
1717 Alabama Ave., SE

\*Call for details

**\$300 off first months rent\***

- 2 BR starting at \$795
- Renovated kitchens and baths
- Free Application Fee
- Controlled Access
- Free Metro Shuttle
- Free membership to Premier Splashpark
- Boys & Girls Club on-site

1-888-519-9894  
1720 Trenton Pl., SE

\*Call for details

## Garden Village



William C. Smith & Co.  
www.wcsmith.com

NORTHEAST EHO

CHOOSE YOUR OWN ACCENT WALL COLOR at!

### FORT CHAPLIN PARK

Quality Living at a REASONABLE PRICE!

- 5% Discount to all Metro & DC Gov't. Employees
- One block from Metro
- Landscaped courtyards
- Free off-street parking
- Window treatments
- 1 & 2 BR Apts/3BR Townhomes!

4212 E. Capital St, NE  
CALL TOLL FREE (877) 269-4216

Housing Choice Vouchers Welcome where rental amounts are within Voucher Program Limits

NW—furn bsmnt, BA, PVT entry, kit., TV, a/c, n/s, pkg, \$795 incl. Sec. dep. req. 202-234-5764

BLADENSBURG EHO

1 BRs start at \$885 All Utilities Included

### PARK PLACE TOWERS

- Spacious studios, 1 & 2BRs
- Wall-wall carpet
- Eat-in Kitchen
- European style cabinets
- Patio/balcony
- 24-Hr. emergency maintenance
- Garage parking available
- Close to Metro • Minutes from BW Pkwy.

CALL TODAY! 866-807-0429

5802 Annapolis Road Bladensburg, Md. 20710  
www.TheDonaldsonGroup.com

Potomac—\$1650, Townhome, 1500 sf, 2 br, 1 1/2ba, 301-651-0961

ROCKVILLE/GAITHS—Large 1 & 2BR 1mo free, special discounted rates. All util/cable incl. Furn or unfurn. Corporate/equip kit/bal. Nr Metro, park w/gym/pool, grocery. Good rates. 301-948-0087.

Rosslyn—\$2795/mo, 1370 sf Penthouse, 2 br, 2 ba, 700 sf Deck, 1 Bk Rosslyn Metro, Gym, hsl, dw, w/cpt, wd, ac, 703-785-0141

One Bedrooms starting from only \$790!  
\$0 Application Fee  
Limited Time Only!

- SOME UTILITIES INCLUDED
- ALL CREDIT CONSIDERED
- INSTANT PRE-APPROVAL
- WALK TO METRO
- SE HABLA ESPAÑOL

Ask about our financial counseling program!



A Southern Management Community

Rockville

### Sizzling Summer 1 BR Apartment Special

Starting at just \$1,385 per month

Who says LUXURY LIVING has to cost more... not at ROLLINS RIDGE

Studios, 1 BR, 2 BR, Select Lofts

- New construction
- 2 Blocks from Metro
- Pet Friendly (under 18 lbs.)

ROLLINS RIDGE  
866.529.3520 • www.rollinsridge.com  
130 Rollins Avenue • Rockville, MD 20852

SE—1BR, 2 BA, 2 story brick. Fin bsmnt, new carpet. Rent or rent to own. No credit check. Nego dep. \$950. 202-683-9750

SE/3133 BUENA VISTA—Newly Renov 2BR/1BA. \$875+util. Sect 8 Ok. 202-547-0768

SE—Effcs, 1BR & 2BR apts. \$632/mo & up + electricity. No pets. Call 202-265-4814 or 202-889-4083  
Fred A. Smith Co.

SE

### EHO CAMELOT SQUARE

3200 E St. SE  
2-Blocks from Ft. Dupont Park  
Upscale 1 B/R Apartment Homes

**\$695-\$753 Mo.**

**\$99.00 Security Deposit**  
qualified applicants only-limited time offer  
202-574-2200

SE

### Meadow Green Courts

1st Full Month Rent Free!  
No Application Fee  
Security Deposit \$99

5% DISCOUNT TO ALL  
METRO & DC GOVT. EMPLOYEES

Spacious two and three bedroom apartment homes at reasonable prices and includes the heat. Convenient to shopping, schools & major highways

- Dishwasher
- Walk-in Closets
- Wall-to-Wall Carpet

Housing Choice Vouchers Welcome where rental amounts are within Voucher Program Limits

Open Mon-Fri 9-5 Sat. 10-4  
3539 A Street, SE  
(202) 582-5250

SE/THE NEW ANACOSTIA

### Win 3 Months Rent Free\*

Move in by September 15 & enter the Beacon Mgmt. drawing to get 3 months rent free. Your application fee is free!!

### MARBURY PLAZA

Minutes fr Metro, Va,  
Downtown DC, 395 & Metro  
Newly renovated bathrooms & kitchens  
avail. in select units.

2300 Good Hope Road SE  
**888-798-1916**

Open Late Tues. & Thurs. 10am-7pm

\*Call the community for details  
beaconmanagement.com

Suitland

\$1900 Ready For Move In!!

TH w/gar 3 br 2 ba 1 1/2ba, eat-in kitchen, 301-856-3727 avail immed near AAFB & metro

SUITLAND

### EHO ENTER TO WIN 3 MONTHS RENT FREE\*

1 MONTH FREE-SELECT 2 BRS  
Newly Renovated Units Avail.

#### 5% DISCOUNT

for military, college students, teachers, firemen & police  
Minutes fr Andrews, Metro & Shops

PINEWOOD CHASE  
5601 Regency Park Court #8

CALL TODAY 866-414-2477

Bring In This Ad To Get Your

#### FREE APPLICATION FEE!

Open Late Tues/Thurs 9am-7pm

\*Call the community for details

Must move in by 9/15/07  
beaconmanagement.com

TAK PK—1 & 2BR apts from \$795 incl heat. Renov. kits, cer tile flrs, hdwd, new paint, avail immed. Small brk bldg. 301-774-3620.

SE WASHINGTON

### Move-in & Receive A 5 Day/4 Night Cruise for 2!

1 & 2 Bdrms. starting at \$645

#### OPEN HOUSE SATURDAY 10am-4pm

- New kitchens
- Abundant closet space
- Sparkling Swimming Pool
- Choice of Garden or Highrise living
- Spacious floorplans.
- Gated community
- Conv. to Anacostia & Southern Ave. Metro.

Handicapped Accessible Apts. Avail.

Income restrictions may apply

#### WINGATE TOWERS & GARDEN APTS

202-563-2300

\*See Leasing Consultant for Details

TAKOMA PARK

### Win 3 Months Rent Free\*

Move in by September 15 & enter the Beacon Mgmt. drawing to get 3 months rent free.

#### BELFORD TOWERS

Is accessible by bus and rail • in walking distance to nearby shopping ctrs & recreation. Just minutes from Washington D.C. I-495 and East-West Hwy.

2BR \$950 (select units)

3BR start at \$1082

gas and water included

5% discount to military, government employees and students

Call Today 866-485-9179

www.beaconmanagement.com

\*call the community for details

UPPER MARLBORO—4BR, FBA ramb, freshly painted, wd flrs, new carpet, FR, FP, OSP, in/d-in/dy shed. \$2600. 301-821-5622

### MOVERS

Movers- DC Metro Movers  
Certified full service professional mover serving DC, MD, & VA. Free estimates. Licensed, and insured. Rates begin with 2 men and a truck at \$79/hr.  
202544-MOVE (6683)  
www.dcmetromovers.com

### ROOMMATES

ALEX/FRANCONIA—Male TH owner seeking prof'l, N/S to share TH, pvt room & BA, prkg, nr Metro. \$600 + 1/2 util. Call 571-236-0088.

ALEX/MT. VERNON — 2 prof'l. Females, share large N/S TH, each w/pvt BA. \$555, \$635 + 1/3 util. No pets. Call 703-780-2016.

ARL—Walk Ballston Metro. Rm \$625-\$795 w/priv BA + util. sec drp. shr kitch. 703-787-572

BAILEYS X-RDS/Skyline Towers — N/S F seeks rmme to shr. Ige 2BR/2BA apt nr Metro/shops \$667-util. 703-379-8970.

BETH—1 room in shared 4BR old no frills N/S hse, nr NIH/Metro, hdwd flrs, fp, porch, yard, oil heat, cat. Avail immed. No pets. \$490+1/4 util. 301-214-7873

Bethesda—\$850, shr 2BR 2BA, Westlake at Democracy. Nr Mont. Mall, mins to metro. All util incl. New apps & h/w flrs. (301) 867-2304

Bowie—\$700.00, 16705 Governor Bridge Road, 2 br, 2 ba, heat, water, 301-915-7373

BOWIE—Lge BR, priv bath, clean quiet cl to Metro in house to share, NS, \$800/m incl util. 240-423-1064

Burke—\$1900, 9104 lake braddock drive, 4 br, 3 ba, 0/1/2ba, heat A/C, 2 car garage, 484-354-8553

CAP HTS—Prof M/F to shr SFH. 1 BR \$525 incl util/cable/internet. N/smkg/pets. Nr Metro/bus. 240-383-9309.

CAPITOL HEIGHTS—Furn, Rooms, Near Metro! Starting \$140 & up: Dep req'd. 301-602-9120.

CENTREVILLE—Hse to shr, pvt BA, prkg, full kit, no pets \$525 util. incl. 703-798-3448; 703-356-9474.

COLLEGE PARK—Rm avl in SFH. Utils incl'd. Close to Metro & 495. Internet avl. \$450/mo 240-688-0711

COLUMBIA—Bsmt, 1BR, full bath. Close to community college & mall. \$650 incl. util. Available immed. Call 240-643-7795

District Heights—\$600, Dist. Hgths 1 br, bus, metro, mall 301-568-1089

DISTRICT HTS—SFH to share. Quiet, nr Bus, Metro, shops. 301-568-3386

DOWNTN/Conv Ctr—Nvly renov. Grt loc. Nr transp & shops. Effic: \$795. 1BR: \$955. Call 202-289-4909

FAIRFAX/GMU—M/F to shr SFH MBR w/BA \$700 incl util. Deposit. Non-smkg, no pets. Call 703-503-3294

FALLS CHURCH—Unique 1BR apt., FP, A/C, W/D, \$975. 703-849-8238

FT WASH—Beaut. house to share. Rms avail. \$150-\$250/wk incl all util & Cable: Call 240-565-8451

GAITH—Hse to share. Male, Rm, \$299 mo. Nonsmkg. Nr Metro. 301-219-1066

## Classifieds

## CONDOS FOR SALE

**Anacostia** 202.561.3644  
You Can Afford This...  
Condo cheaper than you think! You will feel the quality & affordability with your first visit. Great Finishes & Amenities too! Exercise Rm & Roof Deck. Don't Miss Out-Visit TODAY.  
**1 & 2 Bedrms from \$162,900**  
210 Oakwood St SE  
www.savoycourt.com  
Long & Foster Realtors

**ARL IN THE HEART OF ROSSLYN**  
AT RIVERPLACE

**TWO BLOCKS TO METRO. PERFECTLY REMODELED**  
1BR W/GRANITE & ST STK, WOOD FLRS, VIEW OF  
D.C. GARAGE PRKG! Only \$250K. Call Harriet  
703-447-3336. Landmark Realty 703-525-5500

**Arlington/ Pentagon** \$310,000  
900 SQ.FT

E-Z walk to METRO. Lge 1 bdrm, in great condition at a small price. Lots storage, big kitchen, nice balcony w/view. New windows. OPEN 2-4: S. on 395, Ridge Rd. ext. Left on Arlington Ridge to 1301 Unit 306. Barbara Dill, 703-618-8858, Remax Allegiance

**ARLINGTON/Walk to Pentagon** \$549K  
2BR, 2BA, gar, 1101 Arlington Ridge  
Virginia Realty Co 703-979-8600

**Bladensburg** \$109,500  
Luxurious 1br Condo  
\$109,500, 6011 Emerson St #611, Condo, 1 br, 1 ba, new appliances, new carpet, hw flrs, 204411702

**Columbia Heights** 301.664.9702  
Huge Walk-in Closets.....

Unlike any you have seen, plus we will throw in a condo too! This tasteful renovation will make you appreciate your decision. Great value will keep your bank account full. Washer-dryers, parking avail and much more! Come **BUY TODAY!**  
Studios from \$139,900  
1 Bedrms from \$199,900  
430 Irving St NW  
www.themcmillan.com  
Long & Foster Real Estate

**CONGRESS HEIGHTS** 3872 9th St. SE  
WASH., D.C. 20032  
Jr 1BR - 480 SqFt at \$120,000

**MANOR VIEW II CONDOMINIUMS**  
1BR - 680 SqFt at \$150,000-\$160,000  
2BR - 780 SqFt at \$185,000-\$195,000  
3BR - 827 SqFt Priced at \$225,000 1 Left

Every unit renovated w/Jacuzzi tub, granite countertops, front load Wash/Dryer, Stainless Steel appls, **hardwood flrs** - all in a totally secure gated community. Onsite parking available.

If You Qualify for - \*HPAP, \*DC Bond & \*DC Tax Abatement, Your payment will be...

With seller's credit of 6% & D.C. Bond Prg. of 6% 30 yrs. fixed coupled w/HPAP Prgs= **total monthly payment= \$936 for 2BR @ \$185K incl Condo fee.**

Seller will pay 1 yr condo fee on ALL 1BR units & 6% CC w/D.C. Bond Prg. of 6% 30 yrs fixed coupled w/HPAP pgs= **total monthly payment \$726.05 for 1BR unit @ \$150,000 incl condo fee.**

Visit our Open House Sat & Sun 1-4. For More Info. on how to qualify to purchase call :

**Wyongela** 202 547-2703  
RE/MAX Allegiance, 202 547-5600.

**DISTRICT HTS/Holly Hill** \$167,500  
ALL CLOSING PAID - Renov. 2BR 1BA top flr condo w/huge balc. & much more. \$500 moves you in. L. Burton, Re/Max One. 301-335-7687.

**DUP CIR/\$259,900**-Renov. studio w/afir sun in heart of Dup. Extra blt ins, granite, balc, rooftop pool, steps to Metro, shops, rests, bars, 1718 P NW #320. Mark Richter, Re/max Allegiance 703 403-2425

**FT. WASH**-beaut 2 BR 2 BA, clc to Beltway/Nat'l Harbor prjct. FSBO. clsing hlp.\$237K. 301-839-3230.

**GERMANTOWN**-Two floor condos 1BR & 2BR, new paint, new cpt., new kit. w/ new, den, fpl. Kamal Taj Realty, Inc., 240-683-0071.

**Glover Park** By Appointment \$348,900  
ONLY 2 UNITS LEFT

See our tasteful renovation offering you generous spaces, quality finishes and a location for you to enjoy summer in the park plus city amenities too! Bring your pet and move in now! Call us today!

2725 39th St NW

www.thearchbold.com

**L&F Realtors** 301.664.9701  
Greenbelt - \$225,000 2BR, 1BA Condo. **ALL CLOSING COST PAID.** Enlarged Bt w/ ceramic flooring. Encl. patio. A must see. Contact Lorraine Avent/ Metropolitan Realtors, 301-390-8003.

**NE 507 M ST**-Four new duplex units all with: 2BR, 2FB, 1HB, den, hdwd, kit w/gran/st. Start at \$499K. Call 202-497-5678. Exit Capitol Realty.

**ROCKVILLE** \$499,900-11710 Old Georgetown Road #629 2BR, 2FB@ at the Gallery, 1306 sf, price lowered \$50K for quick sale, large corner unit in West Building w/NW view. Bright luxury condo, pre-wired DSL, 1 private garage space, 1 block from White Flint Metro, quick settlement. 301-452-7238. United Realty Inc.

**CONDO FOR SALE**

**HOUSES FOR SALE**

**2611 Pomeroy Rd. SE.** Newly renov. 3 BR 1BA home on a lovely lot. Hdwd flrs, gran cntr tops, w/ all the bells & whistles. A must see. Zero down. All closing costs paid. RE/MAX Allegiance Nata 202-262-8819

**ALEX/KINGSTOWNE** \$439,800  
BRING ALL OFFERS!  
Owner must sell this lovely porchfrt TH now! Hdwd flrs, deck, granite, ss, 3BR/2.5BA, walkout, fpl, backs to trees, extra prkg. Call 703-370-8670. www.taylorbrown.com Realty

**ANACOSTIA**-1348 Mapleview Pl, 1BR 2ba, huge historic detached home that overlooks the city. all orig. details intact: fixer upper. \$279,000. A must see! Re/Max Allegiance Nata 202-262-8819

**ANNANDALE/SPRINGFIELD**  
INSIDE BELTWAY  
SPECIAL PRICE REDUCTION FOR LABOR DAY WEEKEND ONLY. ON SPACIOUS 4 BR 4BR TH. 1 MILE TO VRE and I-395. 7006 BRADDOCK MEWS PL OR CALL HARRIET. 703-447-3336. ARCADIA REALTY

**Arlington** \$420,000  
WALK TO EFC METRO!  
Tour @ www.TracyAndMeg.com.2BR/2BA. Top Fl condo. Kitch w/Granite, SS appl. Beaut baths. Immac cond. Low condo fees! 1 pk sp. 6924 Fairfax Dr, #432, 22213. OPEN SUN 2-4!  
Meg Ross, Keller Williams Realty 703-447-0970

**Ballston** \$875,000  
5 1/2 BR, 3 BA, 9 Lg Closets

3515 N 13th St, SFH, Easy Walk to Metro, LG KIT w/gran & cer tile, Park 3 Cars, 9/8-9, 2-5 PM 703-402-6883

**BERKLEY SPRINGS, WVA**-3 acres, \$39,900. 4acres \$49,900. Walk to private river. Owner 301-616-2349

**Bowie/Mitchellville** \$340,000  
3BR, 2.5BA. TH ALL CLOSING COST PAID. 3 1/2 TH. Fin Bsmnt, sunken LR w/ FP, EIK, sep. shwr & soaking tub, W/D. Contact Lorraine Avent/Metropolitan Realtors, 301-390-8003.

**Buy a house today and have no mortgage payment until April 2008.** Call Don Ratterree Sr. at Remax Allegiance, 703-649-0915

**BUY NOW OR KICK YOURSELF LATER**  
9 NEW HOMES, 3 BR w/ ALL THE BELLS & WHISTLE. START YOUR WEALTH PLAN TODAY, NOT TOMORROW. Ernest 202-438-7611.

**CALIFORNIA**-Lovely 3BR, 3BA rambler w/detached 2-car gar, 2 decks, pls call Barbara Kenlaw, 202-271-6526 301-449-7979 Susie Moore Assoc.

**Capitol Hill** - \$900,000 - 4BR, 2.5BA 3 1/2 lux TH. \$50K below mkt. **CLOSING PAID.** Breathtaking TH in heart of Cap Hill. Compl. renov. SS appl., granite cntrtops, gas FP, Brk patio, Jacuzzi tub, sep. shwr. Contact LaShawn Talley/Metropolitan Realtors, 301-390-8003.

**CAPITOL HILL** \$550,000  
BRING ALL OFFERS!

Architect designed, 1998 renovation of a light-filled Capitol Hill Bayfront Victorian. Contemporary flair.

2BR, 2.5BA, owners unit w/deck & wood burning FPL. Separately metered English bsmnt, 1 BR rental. Deep backyard w/2 car OSP.

BY APPOINTMENT  
THE LEVY TEAM  
202-364-1515  
RE/MAX Allegiance  
www.levyteam.com

**City of Alexandria** \$534,900  
Del Ray Neighborhood

Not your typical Del Ray rowhouse. Rare garage & much more. 24/7 recorded info: 1-877-375-4159

ID#1170. Virt. tour 1408MtvernonAve.com

Geoff Schwartzman (Weichert)

**DEEP CREEK LAKE**-6acres-\$49,900. 9acres-\$89,900. Sound of Music, panoramic views, private stocked pond. Owner 301-616-2349

**District Heights** \$325,000  
3BR, 1.5BA, 3 1/2 flr Cape Cod. **ALL CLOSING COST PAID.** Partially fin. bsmnt w/ HBA, W/D. Poss. 4th Br. Contact Lorraine Avent/Metropolitan Realtors, 301-390-8003.

**DuPont Circle** \$1,880,000  
OPEN HOUSE Victorian Brownstone

Photos www.DCbrownstone.com, 1837 16th StNW, Open ea Sun 12-3, Thurs 4-7, or call 202-483-7220

**Gaithersburg** \$326,000  
3BR, 2.5BA 3 1/2 TH. **ALL CLOSING COST PAID.** Well maint. unit w/ poss. 4th BR in bsmnt. \$40K Below mkt value for a quick. sale. Contact LaShawn Talley/Metropolitan Realtors, 301-390-8003.

**GAITHERSBURG** \$299,900 3BR SFH, great loc for home office. Dan Krell, Realtor, Fairfax RE Inc 301-529-8473 (o)301-881-9800 EHO Listings&CMA email: GaithersburgHomeSearch.com

**GEORGIA**-Thinking about relocating or investing in Georgia? Rich Core and Assoc. 404-617-2673.

**Germantown** \$339,000  
3BR, 3.5BA 3 1/2 TH **ALL CLOSING COST PAID.** Hdwd flrs, wdbruning FP, W/D & much more. Contact LaShawn Talley/Metropolitan Realtors, 301-390-8003.

**HYATTSVILLE**-Spac end TH. 3BR 1.5BA. fresh paint, new carpet. \$199K Bring all offers! Call Gloria, Exit Pemier Realty, 240-223-7065

**Hybla Valley**-Own an Exec. Home w/ no bank qualifying, no credit check, w/ your job as your credit. Call now 703-772-9549

**KENSINGTON** \$439,900 3015 Homewood Pkwy

2BR, 1.5BA, 2FP, 1-car att gar, 1441 sf. All brick, hw flrs.

Great buy, priced to sell quick! Charming home in quiet nbrhd, ready to expand or move right in.

walk to Old Town. Conv Metro & Marc, easy access to 495. Bright, updt/exptd kit, w/ island, rem BA, great storage. 301-452-7238, United Realty Inc.

**Laurel** \$290,000  
3BR, 2.5BA, Piggyback. **ALL CLOSING COST PAID.** A must see. Contact LaShawn Talley/Metropolitan Realtors, 301-390-8003.

**Laurel** - \$445,000 5BR, 2.5BA SFH. **ALL CLOSING COST PAID.** New appls., hdwd flrs, hot wtr heater, A/C unit, W/D. Renov. kit. Nicely byk w/ swimming pool. Contact LaShawn Talley/Metropolitan Realtors, 301-390-8003.

**LEESBURG** \$799,900 12964 Potomac Overlook Ln (2016)-Lge colo. on 12.98 acs, beaut views, 4BR, 3 1/2BA, unfin bsmnt, cls to MARC trains, call Melissa Murray, 703-966-5806. Keller Williams Realty

**MCLEAN** \$2,045,000. Red. by \$700K. New lux SFH 6BR 5BA and 6 FP. 70% comp. Buy as is and finish or builder can help. May worth \$3.5M-\$3.8M after comp. 703-498-3541. Make Money Now.

**MITCHELLSVILLE**-Gorgeous 4BR, 3FBA, 1HBA, Fin Bsmnt, Many Upgrades. All closing paid. No payments until 2008. Must See! \$579,000 2440 Nicole Circle, Cal Leon 301-222-3245, Exit Powerhouse

**Montgomery County** **Distress Sales\*\***  
Fixer Uppers-Foreclosures-C/O Properties.  
FREE LIST w/ Pictures visit:  
www.MdBankRepos.com Coldwell Banker

**MV** 8801 Wellbeck Way \$255K  
Lovely 3BR, 2.5BA end-unit TH. MC 6490202. Parks RE 301-460-2473

**NE/13101ST.** \$425,000  
Renov. 3-3R 2BA semi det. col. Great buy. Close to everything. Call Isabel 202-445-5477 Ivan Brown Realty 202-399-9000

**NW** 5BR 3BA, formal DR & LR. breakfast area. hdwd flrs. in-law suite. MBA w/Jacuzzi. fin bsmnt. Call Bethea, 240-462-6456, Century 21 Home Center, 301-552-3000

**NW-607 KENYON ST**-This is a gem waiting for you. Investors alert, priced to sell under \$340K. 2BR, 2FB, w/2-pkng, sep bsmnt ent. 202-497-5678 Exit Capitol Realty.

**SIL SPG/4 Corners (20901)** \$384,900-3BR TH, 2FBA/2HBA, fin. bsmnt. New windows/roof/carpet/ front door/gutters. \$55K Closing. FSBO 301-908-0287

**SIL SPG METRO/FSBO**-5BR 2 1/2 ba, fin bsmnt. w/inlaw ste. Gar. 240-462-9045

**SIL SPG/SPRINGBROOK** FSBO \$599K  
\$15K CLOSING 4 1/2 fl split-modernized Dirs: N on New Hampshire, R on Tanley Rd to 1120. 301-509-5017

**SPRINGFIELD/DAVENTRY** \$467,900  
END UNIT - GARAGE TH. NEW LISTING! Lge, sunny rooms, lots of upgrades in this move-in ready TH.

Granite, hdwd & newer appls in kit. Walkout bsmnt w/pl. Private deck. Huge MBR & lux BA. Great neighborhood & EZ commute. Call 703-370-8670. www.taylorbrown.com Realty

**TEMPLE HILLS**—4BR, 2BA, Hardwood floor, Single family home, \$310,000. Call Andre 301 538 4820.

**The River Runs Through It**  
600 ft River Frontage, Adjoined state forest, Garrett Country, MD. \$159,900 firm. Owner 301-616-2349

## LOTS &amp; ACREAGE

**AQUASCO**-3 - 5 ac wooded lots. Perked, recorded & ready to go. Starting at \$209,000. Call Phil at 301-752-1931.Jobin Realty

## REAL ESTATE SERVICES

**STOP FORECLOSURE!**  
Save your credit & equity. Call 202-489-4889

**TIRED OF RENTING?**—It's time to buy. Good credit & fair credit. Embassy Mortgage. Please call Olivia Overstreet at 240-593-3735 www.oliviaoeverstreet.com

## WE BUY HOUSES

Any situation. Stop foreclosures. Call 888-832-5686

**WE BUY HOUSES IN ANY CONDITION ANY WHERE FOR CASH**—If you need to sell quickly, we can HELP. Closing in as little as 2 weeks. 240-277-8663

## COMMERCIAL REAL ESTATE

**1629 K St, NW**—Office Intelligently. On demand offices, phone, mail, Internet, incubator, other svcs. Plans \$50-\$200/mo. Call OSI, 202-508-3896 to 403-8473 (o)301-881-9800 EHO

**Georgetown Signature 280** 2002—\$71,900 obo, Excellent Cond, FULL TRANS ENGINE WARRANTY, LOW ENGINE HRS, Sleeps 6, Color Radar w/GPS & Chartplotter. Many, Many Extras INCL. White/Blue, 443-496-0494

**Get fit Tuesdays in Express**

**Chevrolet 2001 Silverado**—2500 HD 4x4, \$13,749, exc. cond, 38k mi, Gold ext, grey int, lthr int, abs, Long bed, Tow Package, 571-435-3792

**Chrysler 2001 Sebring**—LX, \$7200, ONLY 37K mi, Ruby Red ext, Beige int, LoJack Recovery Sys, Warranty, Smoke-free, Pet-free, Garage-Kept, Clean Title, LOKKS & RUNS GREAT! Call 202 438-7047 or 301 775-9694

**Chrysler 2001 Sebring**—Convertible Great Cond. 140K mi, Auto, AC, PW, Silver, Grey Leather 2 dr, 4CDPlayer/cassette \$8000 7035731971

**Dodge 2000 Ram Van**—15 pass. van. \$10000/obo, well main, 60k mi, V-8, Auto, ABS, PS, PW, PL keyless entry, dual heat/air, 202-276-6380

**Dodge 1994 Intrepid**—\$2000 obo, good cond, 130K mi, green ext, gray int, 4 dr, buckets, cd, abs, air ps, pw, lck, air, 301-237-4855

**Ford 2004 Mustang**—40th ANNIV. ED: \$11,000, good cond, 26k mi, Blue ext, Gray int, 2 dr, alloy wheels, remote keyless entry, 202-720-1604

**Ford 2002 Focus**—Silver, 86k mi, Like Brand New, CD, Auto Locks, Power Windows, \$3500. 301 377 4216

**Ford 1993 Bronco**—XLT, 4-WD, blue & white, 143K mi, exc. cond., \$3600.



# LOOK out

\* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

## Travel

### The Greenbrier hopes to reclaim its place as a preeminent resort

Lynn Swann remembers the day the Greenbrier — the resort that has hosted presidents, royalty and the well-heeled for nearly 150 years — lost a distinction it had held for almost four decades.

On Jan. 11, 2000, the editors of Mobil Travel Guide stripped away its coveted five-star rating, proclaiming the historic hotel no longer stood among the few dozen considered the world's finest.

The resort in White Sulphur Springs, W.Va., had failed to keep up with the times, lacking radios, telephones in the bathrooms and suitable TV stands. Though still a fine hotel, Mobil decided, it was no longer perfect.

"It was personally devastating for a lot of the staff here," recalled Swann, a longtime employee and manager of public relations. "Our staff takes a lot of pride in this property. When they are welcoming guests, it's like they are welcoming them into their home. It was heartbreaking."

Work to regain the fifth star began immediately, surging into overdrive last winter with a \$50 million renovation. Paul Ratchford quit California's Ritz-Carlton at Half Moon Bay to become the Greenbrier's president and guide the resort to its future.

The changes number in the dozens, though many are subtle. The main lobby still has its distinctive black and white tiling, but there is music now, recorded and sometimes live. Bowls of exotic flowers have replaced potted plants. Smoking is allowed only outdoors, guests can bring small pets into the cottages, and there is wireless Internet access.



INSIDE

### Fashion Week explodes into colors | 35



**Punch-Out:** Kid Rock decks Tommy Lee | 38

**Pigskin Talk:** Wilbon on NFL's first week | 36



HIP AND HISTORIC: The Greenbrier, left, has gone modern after a \$50 million update, and its restaurants now feature hip fare like shrimp toast with shaved coconut, right.

# Victory in Retreat

Overnight guests are greeted with wine and bottled water, then given cards rather than metal keys to their rooms, where new linens and flat-screen TVs await in all 721 rooms.

"It was important that the relevance of the property was accepted with the next generation," said Ratchford. "The Greenbrier is a very historic national treasure, but we had been unable to pierce the market share of a younger demographic that might have come here with their parents or grandparents in previous years but would not necessarily consider us for a return visit."

Street signs help visitors navigate the sprawling grounds, sprinklers appear as tiny black discs high on the wall, and wood-paneled elevators sport beveled mirrors and

brass railings. Tennis courts are now royal blue, suggestive of the U.S. Open.

The former Tavern Room restaurant is now 38-80, a world music cocktail lounge named for the Greenbrier's approximate latitude and longitude. Its Moroccan-inspired decor features star-shaped lanterns, limestone walls and elaborate tile work on the ceiling.

The Old White Lounge, with its crystal chandeliers and floral drapes, has been replaced by Hemisphere, which offers a gourmet tasting menu with tiny portions served over several hours.

Mary Tabacchi, a professor at Cornell University's School of Hotel Administration in Ithaca, N.Y., said updating historic properties can be risky.

"They had a client that liked

**I get letters**  
every day saying,  
'Please don't turn  
the Greenbrier into a  
Ritz-Carlton. And we  
didn't.'

PAUL RATCHFORD, GREENBRIER

a kind of traveler the Greenbrier has never sought — the foodie.

"This is a little more contemporary, something you'd see in the major culinary cities in America," he said. "Finding it here is a bit of a surprise to our guests."

Balancing the need to modernize with the need to retain longtime clients is the key challenge for Ratchford and designer Carleton Varney, a protege of the Greenbrier's original decorator, the legendary Dorothy Draper.

"I get letters every day saying, 'Please don't turn the Greenbrier into a Ritz-Carlton,'" Ratchford said. "And we didn't, because Carleton Varney has been the decorator here for 40 years. Carleton designed those rooms with what he thinks Dorothy would have done today."

VICKI SMITH (AP)

# Soitely Worth a Visit

## Entertainment

### An obscure museum in Pa. pays tribute to the Three Stooges

Posing for a picture with life-size replicas of the Three Stooges, Gary Lassin smiled but didn't say "cheese."

"Woob, woob, woob, woob!" he trilled in a Curly-like falsetto before breaking into a grin.

The statues of Larry, Moe and Curly are near the entrance to the Stoogeum, home of Lassin's large and priceless collection of Stooges memorabilia.

The Stoogeum has about 3,500 items on display, from Stooges bowling balls and cereal boxes to Shemp Howard's Army discharge, Larry Fine's driver's license and the flying submarine from "The Three Stooges in Orbit."

"This is as good as it gets," Lassin said.

Lassin, 52, opened the Stooge-



Replicas of the Three Stooges are on display at the Stoogeum in Spring House, Pa.

um three years ago in a renovated architect's office that looks like a large house. It's a gold mine for fans of the old-time knucklehead movie and TV trio, but its off-the-beaten-path location in Spring

House — about 25 miles north of Philadelphia — has made it a fairly well-kept secret.

"People sort of have to work to find me," Lassin said. "I do want people to see it, but I want them

**“Going through**  
[the Stoogeum] is sort of like a trip through the history of pop culture in the 20th century.”

PETER SEELY, EDITOR

to see it on my terms."

Those terms include no photographs of the memorabilia, as he fears too much media exposure will cheapen it. And admission to the exhibits is by appointment only because Lassin is the Stoogeum's sole employee.

The museum-quality exhibits occupy three stories totaling 10,000 square feet, including an 85-seat theater. Rooms are filled with movie props, posters, toys, artwork, figurines, scripts and even a video game, while TV screens replay all the eye-poking, pie-throwing and general mayhem that made the Stooges famous.

The Stoogeum has "more stuff than I even imagined existed," said Peter Seely, editor of the book "Stoogeology: Essays on the Three Stooges." "Going through there is sort of like a trip through the history of pop culture in the 20th century," he said.

It's likely the first museum of its kind, said Eric Lamond of California-based C3 Entertainment Inc., a production company created by the Stooges that still owns the brand.

"Gary's collection is enormous," said Lamond, who is also Fine's eldest grandchild. "I would think that his is the largest."

Lamond noted C3 Entertainment is considering building its own museum, but has no immediate plans to do so.

For now, fans have the Stoogeum. Lassin said about 2,500 people visit each year, many during the annual gathering of the Three Stooges Fan Club.

Eventually, said Lassin, the museum might have employees and regular business hours a few days per week. He would seem to be guaranteed a steady stream of visitors since the Stooges' zany antics, even though decades old, continue to win them admirers.

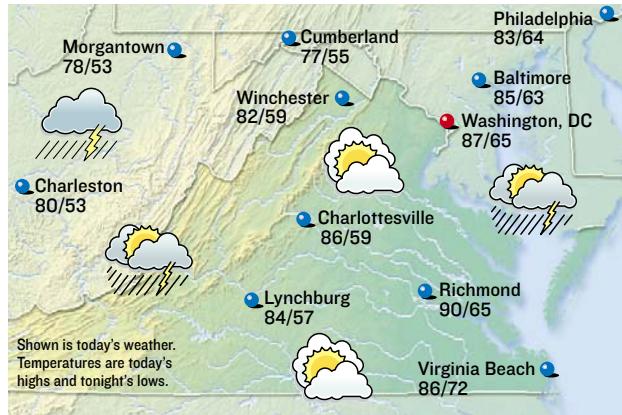
"They were funny. It's as simple as that," Lassin said. "Laughter makes you feel good."

KATHY MATHESON (AP)

### 5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, humid, a thunderstorm 87°	Partly cloudy 65°	Mostly sunny, much less humid 83° / 60°	Partly sunny 79° / 65°	Partly sunny 83° / 65°	Partly sunny, a thunderstorm 78° / 59°

### Regional Weather



### Almanac

Washington, D.C., through 4 p.m. Mon.

#### Temperature

High	88°
Low	75°
Normal high	81°
Normal low	64°
Average humidity	59%

#### Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.00"
Normal month to date	1.25"
Year to date	21.04"
Last year to date	34.16"
Normal year to date	27.51"

For up-to-the-minute weather, see: [washingtonpost.com/weather](http://washingtonpost.com/weather)

### Regional Forecast

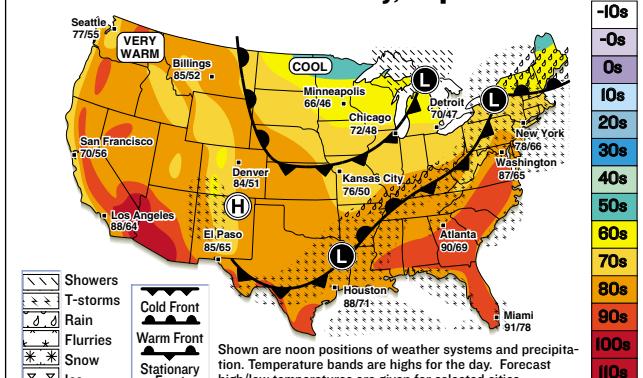
D.C. Metro: Today, partly sunny, humid, a thunderstorm. High 87. Wind west-southwest 6-12 mph. Tonight, partly cloudy. Low 65.

### Sun and Moon

Sunrise today ..... 6:46 a.m.  
Sunset tonight ..... 7:24 p.m.  
Moonrise today ..... 6:46 a.m.  
Moonset today ..... 7:23 p.m.

Sept 11	First	Full	Last

### National Weather for Tuesday, September 11



### National Cities

City	Today Hi/Lo/W	Wed. Hi/Lo/W	City	Today Hi/Lo/W	Wed. Hi/Lo/W
Atlanta	90/69/pc	85/68/t	Amsterdam	66/50/c	64/54/pc
Boston	75/62/t	75/55/s	Athens	79/64/s	82/64/s
Chicago	72/48/pc	70/49/pc	Berlin	63/49/c	68/51/pc
Dallas	85/66/t	87/67/s	Buenos Aires	68/54/t	63/52/r
Denver	84/51/s	87/48/s	Calgary	74/39/pc	48/27/c
Honolulu	89/75/s	87/75/s	Dublin	64/54/pc	64/52/pc
Los Angeles	88/64/s	88/66/s	Geneva	68/41/pc	71/44/s
Miami	91/78/t	90/79/t	Moscow	57/41/pc	59/43/c
New York City	78/66/r	78/61/s	Rome	79/61/pc	79/57/s
Orlando	92/74/t	91/74/t	Sydney	65/52/pc	68/53/pc
Seattle	77/55/s	78/55/s	Tokyo	77/71/r	78/71/r

s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.

# Color Me Rad

Hues are what's new for next spring's lines

If fall's gray palette seems a bit depressing, get ready for a dose of fashion Prozac.

The spring collections shown at New York Fashion Week were full of optimism, featuring bright colors and bursts of gold.

## MICHAEL KORS

An explosion of color rocked the tents with Michael Kors' spring collection.

For all the lovely dainty dresses that retailers, fashion editors and stylists have seen over the first half of Fashion Week, Kors offered the opposite in splashy and sunny clothes, ranging from a form-fitting rainbow color-blocked sweaterdress to a floral ruffle bikini in a print done in the spirit of the artist Seurat.

## DKNY

Mix it up. That was the message Donna Karan conveyed as she presented her spring DKNY collection at her downtown studio.

Outfits alternated between crisp white tailored looks, including a coat-dress with a portrait collar, and soft stretch cotton T-shirt styles. A navy-and-orange striped dress from the latter group would have been the perfect thing to wear on an Indian summer weekend day.



## Styles

# LOOK out

## Food



### Food of the Future

Anything customized requires a checking account with a couple of commas in it. Until now. Brothers and sisters, behold the most important advancement in food since bacon.

**MY FRUIT ROLL UPS** (\$30 for 30, [Myfruitrollups.com](http://Myfruitrollups.com)) let you work with more than 400 designs and add your own message. We had a blast making strawberry-flavored political statements, but settled on "All ur panda are belong to us," because pandas are cool. Alas, the spacing got weird on the screen-to-snack transition, so it looked like "all ur p and ar belong to us," which doesn't make much sense. But still! Tasty!

KRISTEN PAGE-KIRBY (EXPRESS)

## Home



### Touch and Go

If the blurb above didn't convince you that we live in exciting times, then prepare your mind, for it is soon to blow. biOMETRX is shipping the **MASTER LOCK SMARTTOUCH** garage door opener this week (Home Depot).

Our grandpa once told us that garage door openers worked by shocking elves, who consequently ran around a belt, lifting the door, but this one is so much cooler than elf power. It opens by recognizing your (or any of your 19 other authorized users') fingerprint. No scrambling for the opener, plus you can pretend that you're on "Alias," before it started to be boring. K.P.K.

## NICHOLAI

To be taken seriously as a designer, Nicky Hilton had to show that she was not just another celebrity who wanted to see her name on a collection.

She showed she was serious Sunday night with her collection Nicholai (which is her real name). With her parents beaming from the front row, models pranced down the runway in outfits alternating between bourgeois — including a black silk cape over a white dress shirt paired with mini-shorts — and flirty, such as a black strapless dress wrapped in tulle.

## DIANE VON FURSTENBERG

Diane von Furstenberg used her upcoming spring-summer collection as an excuse to escape from everything

**“**[Lim] is such a master of the dress that you can wear in the summer and wear all summer.”

LINDA WELLS, ALLURE

she's known for.

The wrap dress that is her hallmark was barely visible on the runway, and the best one that was there — a shiny shantung dress done in safari style, shown at left, — was almost unrecognizable without von Furstenberg's jersey fabric.

She also did fewer workday ensembles, instead concentrating on outfits for a summer vacation to a remote locale, or at least for hanging out poolside. Safari-inspired looks dominated, with a white linen suit looking particularly fresh. However, there also was a fair share of loose, airy dresses in tropical floral prints best pictured over a swimsuit.

## PHILLIP LIM

A pearl-embellished, nude-colored minidress told the whole story at the Phillip Lim fashion show.

"He is such a master of the great dress that you can wear in the summer and wear all summer," said Linda Wells, editor in chief of Allure.

The fashion industry considers Lim a top up-and-comer. He owes some of his success to creating outfits that go from day to night, offering affordable prices — by designer standards — and by adding a touch of embellishment to almost everything. SAMANTHA CRITCHELL (AP)

# Look out Online

readexpress.com

## site specifics

### FREE RIDE

#### Six Years Later

Although the immediate pain has passed, memories of Sept. 11, 2001, still sting. What was a beautiful Tuesday morning turned into the nation's worst nightmare. Where were you? We take a look back at that hallowed day, from the attack on the Pentagon to the gridlocked evacuation of D.C. | ONLINE NOW



### ESCAPE THE OFFICE

#### Egyptian Gems

While local museum collections might not boast blockbuster holdings from King Tut's tomb, Express' Michael Grass contends that the Freer Gallery of Art's modest collection of Egyptian artifacts shows that some of the best treasures come in small packages. | ONLINE NOW



### EATING AROUND

#### Brews Aplenty

Brasserie Beck, a relative newcomer to K Street, has already carved out a niche as a place to sample a great selection of Belgian beer. Now that its beer specialist has been honored with a special Belgian brewers' knighthood, there's even more reason to check out the offerings. | ONLINE NOW



## comment board

**“Of course I trust**

Gen. Petraeus, and I expect to see some glowing successes [and] some areas of below-par progress."

**COMMENTER STORMINNORMAN**, WHO ADDED, "THE REPORT WILL BE THE MOST CANDID ASSESSMENT OF THE STATE OF AFFAIRS IN IRAQ TO DATE."



**“Petraeus I trust.** The White House I don't. He will give his report, and the White House will rewrite it to excise what they don't want heard and [edit] what they can to make it sound more positive."

**COMMENTER DANIELLE**, RESPONDING TO MONDAY'S POLL CENTER QUESTION, "DO YOU TRUST GEN. PETRAEUS TO GIVE A CANDID ASSESSMENT OF THE WAR IN IRAQ?"

## poll center

YESTERDAY'S RESULTS AS OF 5 P.M.

DO YOU TRUST GEN. PETRAEUS TO GIVE A CANDID ASSESSMENT OF THE WAR IN IRAQ?

**NO** 68%

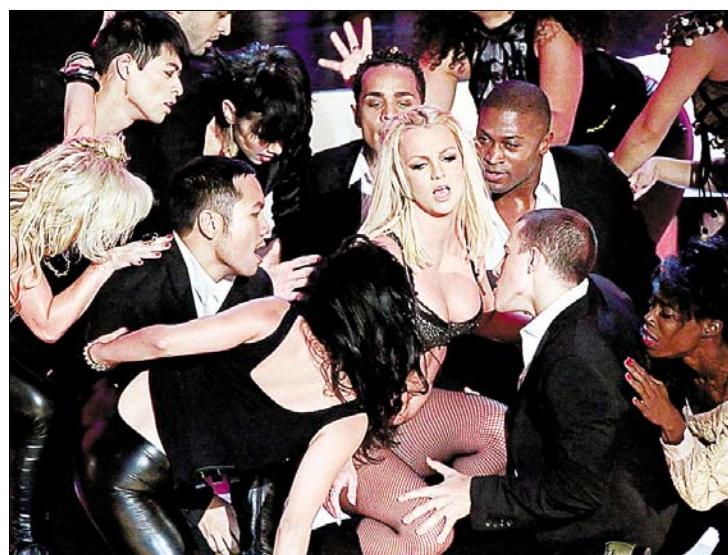
**YES** 32%

SEE HOW YOUR METRO STATION VOTED AT [READEXPRESS.COM/POLLCENTER.PHP](http://READEXPRESS.COM/POLLCENTER.PHP)

# Blog LOG

“Why have I not learned that you should not text, e-mail, or call anyone with whom you are not close friends unless you are sober?”

DOWNTOWNTB.BLOGSPOT.COM HAS SOME QUESTIONS THAT NEED TO BE ANSWERED IN HIS LIFE, INCLUDING, "WHY DOES DENTAL INSURANCE ALWAYS SUCK?"



**“I HAVE NEVER** seen a beached whale trying to return to sea. Nevertheless, this was one of the most painful things I have ever [seen].”

A COMMENTER AT [THESUPERFICIAL.COM](http://THESUPERFICIAL.COM) COULD BARELY WATCH AS THE OFT-TROUBLED BRITNEY SPEARS PERFORMED HER NEW SINGLE, "GIMME MORE."

**“ISN'T IT CONVENIENT** that the U.S. intercepted the tape [right] before the sixth anniversary of Sept. 11, which will fall during the same week as Gen. Petraeus' report to Congress on the progress of the Iraq war?"

IVORYTOWERZ.BLOGSPOT.COM IS SKEPTICAL ABOUT THE TIMING OF THE RELEASE OF OSAMA BIN LADEN'S NEWEST VIDEO.

**“IT OCCURRED TO ME** that in a few weeks my commute won't be peppered by little gems of tourist frustration."

S-INTHECITY.BLOGSPOT.COM LONGS FOR THE DAY THAT SHE WON'T HAVE TO WAIT BEHIND "THE TOURISTS TRYING TO SHOVE THEIR LITTLE METRO CARDS INTO THE SLOT WHERE THE CARD COMES OUT."

**“If this is your opening act, then you might as well concede defeat and sell your flailing, failing network to the highest bidder, MTV.”**

IDONTLIKEYOUINTHATWAY.COM IS OFFICIALLY DONE WITH MTV AFTER SUNDAY NIGHT'S VIDEO MUSIC AWARDS, FOR WHICH BRITNEY SPEARS OPENED AT THE PALMS IN LAS VEGAS.



## Discussions

### Football Season

Post sports columnist **MICHAEL WILBON** was online Monday to talk about the Redskins and fans behaving badly in NFL stadiums.



**Can we take a moment to put in a good word for the unluckiest man in sports: Jon Jansen?**

It is sad, and I know Jon's a good dude ... a very good man. I hate to see him suffer another serious injury, like the dislocated ankle he suffered Sunday. All the best

to Jon in his recovery. He's suffered through the franchise's bad years as a good soldier and is somebody the people here have grown to like very much over the years.

**I've been to a few NFL stadiums, and FedEx Field is pretty bad. San Diego isn't any better, though. The key point is, at least one-third of the fans are there to drink, and they don't care about the game.**

You know what you guys should be doing, right? Tell the club executives. Start an e-mail campaign. You deserve to be heard.

**How long to you think it's going to be before there is a serious incident (shooting, stabbing, etc.) in**

**the stands at an NFL game? I fear that the combination of beer and the intensity that the NFL promotes is going to lead to a worse and worse atmosphere. Do you think the NFL owners or the commissioner care about this issue?**

I think behavior at many NFL stadiums is disgusting, starting with the drunkenness, and FedEx Field is among the very, very worst — 92,000 people in one space for a pro game in a big city is 25,000 too many. I wouldn't take a kid there, either.

**TODAY ON DISCUSSIONS:** Washington Post staff writer Paul Farhi takes your questions on the best and worst pop culture has to offer at 1 p.m. | [washingtonpost.com/discussions](http://washingtonpost.com/discussions).

# DO

**FACT-CHECK YOUR ALUMNI MAGAZINE BEFORE PUBLISHING.** Two AU graduates are suing American Magazine for gross negligence and acting maliciously after an apparent prank resulted in a false blurb that said the two men had been married and started a fake group named the "Gay Rights Brigade."

# LOOK out

Bizarro | Dan Piraro



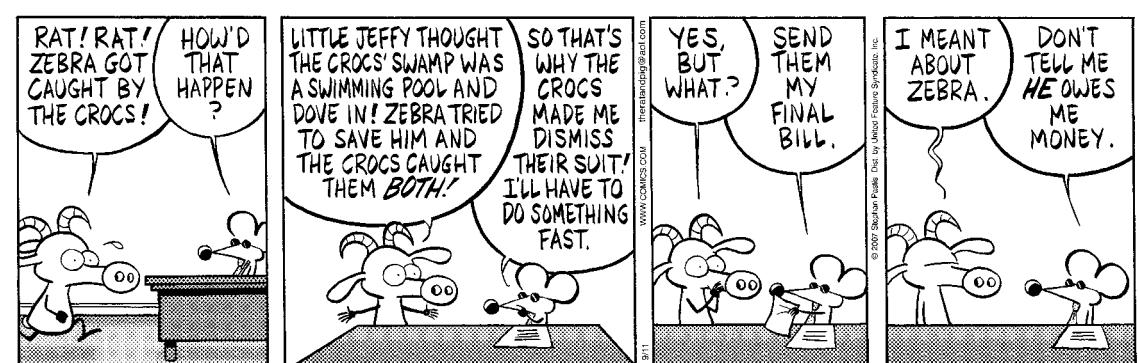
Cornered | Mike Baldwin



Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



## Horoscope

By Stella Wilder

**VIRGO (Aug. 23-Sept. 22)** You're in no mood for monkey business. Draw the line and insist that others follow your example when things get complicated.

**LIBRA (Sept. 23-Oct. 22)** Your controlling influence may be weakened—but you can afford to lighten your grip a little. Don't panic if others do their own thing.

**SCORPIO (Oct. 23-Nov. 21)** Don't you dare underestimate what this day has to offer. You may have to look beneath the surface, but the prize is there for you.

**SAGITTARIUS (Nov. 22-Dec. 21)** Promises, promises—that's what you'll be saying as you receive a guarantee from someone who hasn't come through yet. Still, be patient.

**CAPRICORN (Dec. 22-Jan. 19)** Those who gravitate toward you will have much to be thankful for in the end, as you will provide them with much that is actually invaluable.

**AQUARIUS (Jan. 20-Feb. 18)** While searching for greater security, you

may actually uncover a very good reason for taking a calculated risk and putting more on the line.

**PISCES (Feb. 19-March 20)** You can do more than expected, but when the time comes, you're going to have to drop what you're doing and tend to another's needs.

**ARIES (March 21-April 19)** Once your day begins, you're not likely to have any time to yourself. Still, you'll feel proud that you fulfilled all your promises.

**TAURUS (April 20-May 20)** Someone may be trying to push all the right buttons and get you to consent to something that you would otherwise resist.

**GEMINI (May 21-June 20)** You can use the time available to you to get ahead of the game, or you can relax and let things pass you by. The choice is yours.

**CANCER (June 21-July 22)** You'll have an opportunity to get together with someone who shares your ambitions but goes at work from a different perspective. Share ideas.

**LEO (July 23-Aug. 22)** You'll prove a good and persuasive talker, but in the end it will be listening that serves you best. You can absorb much valuable info.



A second plane flies into the World Trade Center in the Sept. 11, 2001, terror attacks.

## Today in History

**2001** In the single worst act of terrorism committed on U.S. soil, nearly 3,000 people die when two hijacked jetliners crash into New York's World Trade Center, causing the twin towers to fall; a commandeered jetliner smashes into the Pentagon; and a fourth hijacked plane crashes in western Pennsylvania.

**2002** Actress Kim Hunter and football Hall of Famer Johnny Unitas die at the ages of 79 and 69, respectively.

**1789** Alexander Hamilton is appointed the first U.S. secretary of the Treasury.

**1941** Charles Lindbergh sparks charges of anti-Semitism with a speech in which he said "the British, the Jewish and the Roosevelt administration" were trying to draw the United States into World War II.

**1972** The troubled Munich Summer Olympics end.

# LOOK out

## People



"I thought my hair would hide my belly."

### KNOCKED UP?

#### Child to Be Taunted About 'Dirty' Video During Recess

Paris Hilton isn't good at keeping her mouth shut. At a Christina Aguilera-sponsored party at LAX nightclub in Las Vegas Sept. 9, the heiress grabbed the microphone and congratulated Aguilera on her baby news, though the pop star hasn't told the public that she is expecting. (EXPRESS)

### KNOCKED AROUND?

#### It Turns Out Billie Jean Wasn't His Dealer, Either

In an open letter to the media, **MICHAEL JACKSON**'s mother and four of his brothers blasted a recent deluge of reports claiming the king of pop is battling an addiction to drugs and alcohol. In the letter, Katherine, Tito, Jackie, Marlon and Germaine Jackson dismiss "untrue and inaccurate information about Michael Jackson." They go on to say the family has never planned an intervention with the gloved one. (EXPRESS)



LIKE, TOTALLY SERIOUS

## Runway Hotline

Hip-hop mogul Russell Simmons had some advice for **NICKY HILTON** before her debut at New York Fashion Week: To be taken seriously as a designer, Hilton had to show that she was not just another celebrity who wanted to see her name on a collection. "She seriously invested her time," said Simmons. Hilton showed she was serious Sunday night with her collection Nicholai. (AP)

### KNOCKED OUT MTV Curses Decision to Air Britney Over This

**KID ROCK** received a misdemeanor citation for battery after a dustup with Tommy Lee in the audience at the MTV Video Music Awards. Both Lee and Kid Rock are ex-husbands of Pamela Anderson. MTV VJ Sway told E! Online that he saw Kid Rock walk over to the Motley Crue drummer



The first rule of MTV fight club: wear shades.

during the post-show and "deck him." Other eyewitnesses said that while Kid Rock landed a backhand slap and a punch, Lee instigated the fight. Producer Rich Nice, who was sitting nearby, told E!: "It looked like Tommy Lee initiated it because Kid Rock was ignoring him." (EXPRESS)

### SPACEMEN ARE FROM MARS Astronaut Lives: Sooo Hard

**BUZZ ALDRIN** said a former astronaut charged with attempted kidnapping should be "admired" but not excused for her resolve confronting a romantic rival. Lisa Nowak was arrested after police said she had driven nearly 1,000 miles to Orlando, Fla. On Time magazine's Web site, Aldrin said, "Nowak should be admired for traveling across the country and not getting out of her car to put in gas or go to the restroom." (AP)

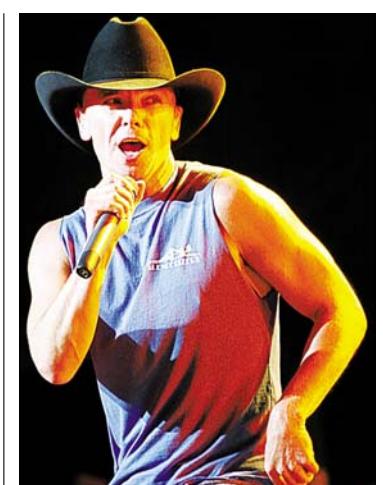


do, Fla. On Time magazine's Web site, Aldrin said, "Nowak should be admired for traveling across the country and not getting out of her car to put in gas or go to the restroom." (AP)

### WHINING

#### Country Hunk Doesn't Know How Jack White Goes On

You could say that **KENNY CHESNEY**, with a top tour and another multi-platinum album, enjoyed an amazing last couple of years — but you'd be wrong. Yes, he accomplished all that. But, enjoy it? That's another matter. Last year was another pinnacle in his seemingly unstoppable career, but it also may have been his most frustrating time as an artist — and as a person. Chesney was still reeling from his brief marriage to Renée Zellweger and felt uninspired. "I wasn't mentally ready to go on the road," he said. (AP)



"Some days are tough, but I find comfort in my gold records," says Chesney.

# THE BIG DISH

The Presidential Dish:  
Mrs. Woodrow Wilson and the White House China Room



Over 150  
pieces of Presidential  
china on exhibition!

WoodrowWilsonHouse.org

202-387-4062

2340 S street, nw



Join Us Sunday, Sept 16

## Kalorama House and Embassy Tour

### Washington's Premier Embassy Tour

Visit the Ambassadors' Residences of Columbia, Chile, and Thailand, plus fantastic private homes and Woodrow Wilson House!

\$25 advance tickets available now thru Sept 14 at [www.woodrowwilsonhouse.org](http://www.woodrowwilsonhouse.org) or 202-387-4062 ext 18

Tickets are \$30 on tour day

# LOOK out

## CROSSWORD | UTTER NONSENSE

### ACROSS

1 White poker chips, often  
6 Allen or Martin  
11 Chest muscle, in gym lingo  
14 Western "necktie"  
15 Mayhem  
16 \_\_\_ rule  
17 Fumble  
19 10th, 20th and 30th in NYC  
20 Stocking stuffers?  
21 Kickoff  
23 One  
ankle-deep in shoes?  
27 Official emissaries  
29 Comes to terms  
30 Lake Superior port  
31 Like some nail polish  
32 "\_\_\_ and Sensibility"  
33 Pt. of a flight plan  
36 Furniture wood  
37 Spaghetti  
accompaniment  
38 Black, in some poems  
39 Annoy  
40 Bungle  
41 Say without thinking  
42 Colorful T-shirt  
44 Responds to stimuli  
45 Well-educated one  
47 Certain prison guard  
48 Concert venue  
49 Kiss

### 50 Island chain?

51 Be victorious  
58 Champagne word  
59 Best of the best  
60 Take downtown  
61 J. Fred Muggs, for one  
62 Thick as a brick  
63 Ode fellow

### DOWN

1 "\_\_\_ away we go!"  
2 Easter preceder  
3 "Not a moment \_\_\_ soon!"  
4 Uncommon sense  
5 Homesteader  
6 Like chiffon  
7 Filing aids  
8 Zsa Zsa's sister  
9 Remote letters  
10 Pastoral poem  
11 Avoid  
responsibility  
12 Lauder of cosmetics  
13 Acting ensembles  
18 Breaks new ground?

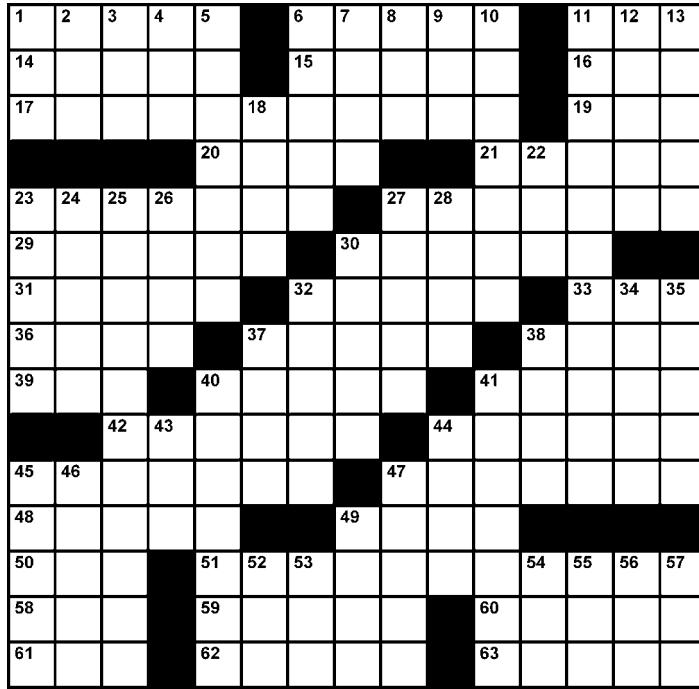
22 Holman or Turner  
23 Desert sights  
24 Impolite looker  
25 Crack a little joke  
26 Woodpecker's pride  
27 Burroughs' was naked  
28 "What," "who," "how," and "where"  
30 It's often wild  
32 Half-man, half-goat  
34 Rich cake

### 35 On edge

37 Counter offer?  
38 Joie de vivre  
40 Tardy  
41 Frenzied  
43 It carries a small charge  
44 Gain ground  
yardage  
45 Nacho enhancer, for many  
46 Dirty rotten scoundrel  
47 He's in a class by

himself  
49 What some pools consist of  
52 Stout relative?  
53 Flesh and blood  
54 Theatrical signal  
55 Santa \_\_\_  
56 Hobbyist's package  
57 Northern borders?

EDITED BY TIMOTHY E. PARKER



## SUDOKU | MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. See [www.sudoku.com](http://www.sudoku.com) for solution, tips and computer program.

### Need more Sudoku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section Monday through Saturday.

### Yesterday's Solution

4	7	2	1	9	8	3	5	6
1	3	5	6	4	7	8	2	9
8	9	6	2	5	3	7	4	1
6	4	8	7	2	9	1	3	5
2	5	7	4	3	1	6	9	8
9	1	3	5	8	6	4	7	2
5	6	9	8	7	4	2	1	3
3	8	4	9	1	2	5	6	7
7	2	1	3	6	5	9	8	4

© PUZZLES BY PAPPOCOM

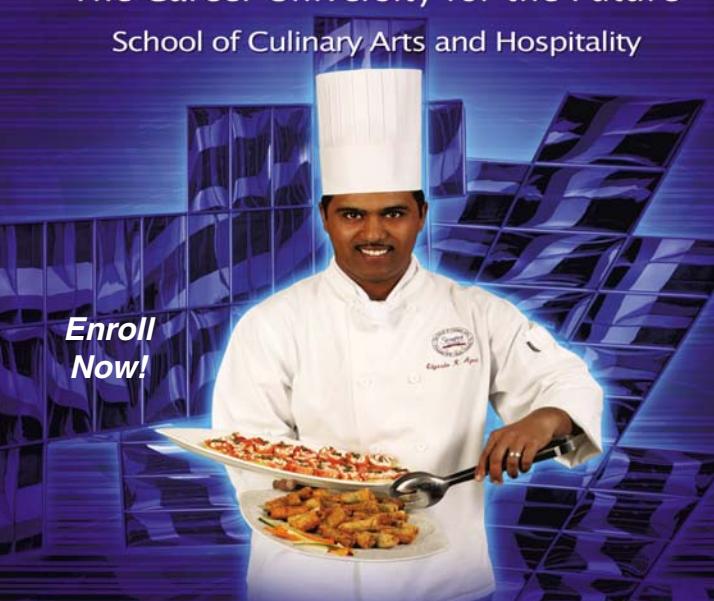
8	3		1	7		6
2		3				
2			1		7	9
5	4		9		8	6
9	1	7			4	
			7		1	
9			4	2	6	2

## express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER  
ART DIRECTOR—SCOTT MCCARTHY | NEWS EDITOR—MATT SWENSON | ARTS EDITOR—ARION BERGER | FEATURES EDITOR—HOLLY MORRIS  
SECTION EDITORS—JENNIFER BARGER, KARMAH ELMUSA, VICKY HALLETT, IAN HERBERT, MAUREEN HOCH, KRISTEN PAGE-KIRBY, CHRIS  
PORTER, DUSTIN WEAVER, DARONA WILLIAMS, CLINTON YATES | WEB EDITOR—MICHAEL GRASS | EDITORIAL DESIGN—MARCIA HARDER, SCOTT ROSENBERG  
COPY CHIEF—AIMEE GOODWIN | PRODUCTION COORDINATOR—MATTHEW LIDDI | PHOTO ASSISTANT—CHRIS COMBS | PHOTOGRAPHER—MARGE ELY | PUBLISHED BY  
EXPRESS PUBLICATIONS LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | TEL: 703-469-2800 | FAX: 703-469-2831  
CIRCULATION: 202-334-6992 OR CIRCULATION@READEXPRESS.COM | ADVERTISING: 202-334-6025 OR ADS@READEXPRESS.COM | CLASSIFIEDS: 202-334-6200



The Career University for the Future  
School of Culinary Arts and Hospitality



**Enroll Now!**

For further Information Please Contact Admissions  
[www.stratford.edu](http://www.stratford.edu)  
Tysons Corner Campus 7777 Leesburg Pike Falls Church, Virginia 22043  
(703)821-8570 (800)-444-0804  
Certified by SCHEV to operate campuses in Virginia

## GRADUATE SCHOOL OF EDUCATION AND HUMAN DEVELOPMENT

### LEADING INNOVATION THROUGH LEARNING

Preparing leaders for the education and human services fields since 1904.

Offering fully accredited and nationally recognized programs in the areas of:

- Education Policy Studies
- Human & Organizational Learning
- Higher Education Administration
- Special Education
- Elementary/Secondary Education
- Educational Technology Leadership
- International Education
- Educational Administration (K-12)
- Museum Education
- Counseling

Apply by January 15 for priority fellowship consideration for Fall 2008.

THE GEORGE  
WASHINGTON  
UNIVERSITY  
WASHINGTON DC

BRING US YOUR  
AMBITION.  
[www.gwu.edu/gradinfo](http://www.gwu.edu/gradinfo)



THE GEORGE WASHINGTON UNIVERSITY IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION INSTITUTION CERTIFIED TO OPERATE IN VA BY SCHEV.

G10617

.....CHOOSE  
YOUR PAYMENT  
DUE DATE.....

**CLEAR** You want to pay your credit card bill  
when it's most convenient.

Chase lets you pick a payment date  
that works with your life. **SIMPLE**

ONE OF MANY **CLEAR & SIMPLE TOOLS**  
TO HELP YOU BETTER MANAGE YOUR CREDIT CARD.

**CHASE** 

To learn more please visit [ChaseClearandSimple.com](http://ChaseClearandSimple.com).

# fit

WELLNESS

## Pick-Up Artistry



Psychologists study dudes' opening lines to find out which ones work | **E7**

NUTRITION

## Bean Counting



Mashing black beans into ground beef gives a patty less fat and more healthy fiber | **E6**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | SEPTEMBER 11-17, 2007

# Who'll Stop the PAIN?

Being lazy won't end back agony — get moving to get better | **E5**

GETTY IMAGES

# BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



## Violent Threats Are Nothing to Joke About

**Q** I think my boyfriend is depressed. He's under a lot of stress at work. He sometimes makes comments that threaten of violence — he says he's joking, but I think his job has filled him with so much rage that his personality has changed. I encourage him to submit resumes to other places, but he doesn't want to do anything at home except veg out in front of the TV or his PlayStation. — WORRIED VA.

Though I don't want to play the stereotypical overanalysis card and say that people aren't allowed to joke around (after all, I'd be nothing without my propeller hat), those "jokes" do hint at just how rageful



ERIC REECE

he is feeling. He could just be blowing off steam, but with the changes in personality and the paralysis that appears to be keeping him

from improving his situation, it's worrisome. So, when he says them, pounce — not to accuse him, but to springboard into talking about

how stressed he seems. Tell him it's tough for you to see him suffering and not taking steps to do anything about it, and that you'll help in any way you can — by listening, by finding job listings or even by lining up a therapist. Then do it, and keep vigilant about any aspects of his behavior that concern you.

**Q** I am about to start taking college classes as a 26-year-old full-time worker with a fiance. I am proud to be independent, but I am finding myself feeling like I'm back in high school again, worrying about what people will think. I didn't think that being an older student would make me so self-conscious, but I am having all the same doubts that made me leave high school and never do college in the first place.

— FIRST DAY OF SCHOOL ALL OVER AGAIN

Don't forget that the beauty of college is that several things will have

gone extinct — homeroom, bells and the "cool" table at lunch. The feelings you describe are normal as you embark on such a significant growth step in your life. (Congratulations!) You're aware that you may automatically be considered different than the "average" first-year college student, but then again, so is anyone who knows how to do laundry. Keep reminding yourself how much you've overcome — presumably, you went back to get your high school degree, when many people would've never had the patience and strength, and you've carved out an adult life for yourself. And having found your life partner and being gainfully employed are things that may make classmates jealous of you!

Take it one day at a time. Realize that many of the 18-year-olds will be even more anxious than you — and without the life experience you've had to help them cope with it.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D., at [baggage@readexpress.com](mailto:baggage@readexpress.com). This column is not a substitute for one-on-one care.

DETERMINATION

**SAVE 50%**  
on enrollment with a new Gold's Gym membership.

Are you ready for real results? Get into Gold's Gym and you can improve your energy, fitness and confidence — for life. Nobody has more experience and expertise than Gold's. Come see for yourself, nobody is better equipped. You'll soon see and feel real results.

Results Oriented Cardio • Weights • Group Exercise • Yoga • Personal Training  
Kid's Club • Group Spin • Pilates • And More!

Amenities vary by location

**40 DC, Virginia & Maryland Locations**

**800-99-GOLDS • [www.goldsgym.com](http://www.goldsgym.com)**

**SAVE 50%**  
**ON ENROLLMENT\***

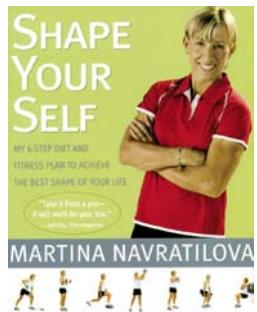
Coupon required for this offer!

\*With select new Gold's Gym memberships. Must be at least 18 and local resident with valid ID. Not redeemable for cash. Participating Gold's Gyms only. Other restrictions may apply. ©2007 Gold's Gym International, Inc.

**Offer Expires September 30, 2007.**

**800-99-GOLDS • [www.goldsgym.com](http://www.goldsgym.com)**





## Serving on and Off the Court

**ENERGY BALL** might make a good nickname for Martina Navratilova, the oldest tennis player in Olympic history. It's also one of the healthy snack ideas she gives readers in "Shape Your Self" (\$18, Rodale). The honey-oatmeal-fig concoction, along with tons of other recipes, helps keep readers nutritionally balanced as they try her straightforward exercise routine. Props are required for some moves, but she offers substitutions (instead of dumbbells, milk jugs will do the trick). Not a fan of her? You will be.

## Foam if You Want To

**GERMAPHOBES HAVE CHERISHED** Purell for years as their primary weapon in the fight to keep their hands free of ickiness at all times. But what about folks who also have a fear of liquids? They can shake hands easier now, thanks to the introduction of Vicks Early Defense Foaming Hand Sanitizer (\$3, drugstores). Although it sloshes like water in the bottle, when you pump the top, out shoots a frothy, bubbly substance that'll rub into skin easily. It smells of cucumber and mint, which is quite lovely. And unlike alcohol-based sanitizers, the triclosan in this stuff promises to fend off new germs for up to three hours. So, go ahead. Use that unfamiliar bathroom!



## License to Sled

**OF ALL OF THE TRAGEDIES** possibly caused by global warming, people seem to overlook the fact that less snow will lead to less quality sledding. Unless, that is, you have a SLICER (\$60, Icesled.com) to ride down those hills. This versatile piece of plastic not only works in the traditional way on the white powdery stuff, but it also allows users to insert large pieces of ice in its underside and slide down grassy mounds. In the future, perhaps this is what all children will do during their winter holidays. But remember that safety precautions are still necessary—taking a spill could mean some serious grass stains.

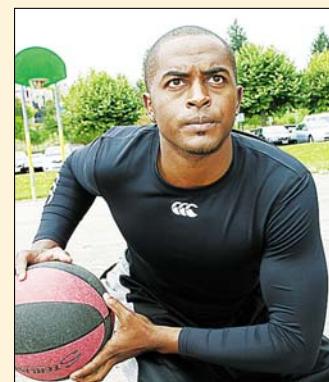


## Stick With the Salsa

**BOOZING ISN'T FOR HEALTH NUTS**—until now, say the makers of Fit-A-Rita (Fit-a-rita.com), a sugar-free, low-calorie mix with as many antioxidants as two glasses of red wine. Rip open a packet, and the powder smells like Sweet Tarts. Dump it in a glass with water and tequila, and it fizzles like mad. The final product is reddish and a bit gritty. It's not so horribly offensive to drink—but it bears no resemblance to an actual margarita, except for the fact that it is a liquid that contains tequila and ice. Rather than ruin your stash of Jose Cuervo with this stuff, think about doing one shot per evening and chasing it with a multivitamin.

| PRODUCTS

## GuineaPig



## Positive Power

**TUMMY CRAMPS** have halted my workouts, and an occasional blister has slowed me down, too. But I must have missed the damage that positively charged molecules were wreaking on my athletic performance. Ironically, it's negative energy that you want. Being surrounded by negative ions boosts your endurance and speeds recovery time. And that's the idea behind IonX clothing (Canterburyzusa.com).

So, I went for a run while donning a long-sleeve base-layer shirt (\$50, like the one pictured above, although I didn't look nearly as intense as that guy in it). The material felt like typical wicking wear, but kept exceptionally cool as I grew increasingly more sweaty. Were ions neutralizing my flow of positive ions, though? I have no clue. It didn't feel any different to run or to cool down in it. But perhaps I was already being overly negative. VICKY HALLETT (EXPRESS)

**No Surgery • No Downtime • No Varicose or Spider Veins**

# THE VEIN CLINIC OF WASHINGTON

**Samir Neimat, MD** - Washingtonian "Top Doctor" since 1991 Board Certified Specialist in Cardiovascular Surgery

**Call for a free screening: 301-270-VEIN (8346)**

Sclerotherapy

• Laser Treatment

• VNUS® Closure®

| THE EXPERTS

**TheMisfits****My Left Foot**

**Q** A couple of months ago, while I was on a cross-training machine, after about 30 minutes my left foot fell asleep! Then it happened a few more times. I switched to an elliptical machine, and it happened again. It doesn't happen every time I'm on an elliptical, but it does happen one or two times out of five. It interferes with my exercise because once the foot falls asleep, it is very uncomfortable to keep on pedaling. — LILY

Your first impulse is probably to curse the machines, but before you do, look down.

District-based podiatrist Erika Schwartz recommends that you start by examining your footwear. Foot docs are always ranting about how flip-flops and high heels will result in agony, but even supportive sneakers can be a disaster if you pick the wrong ones. And, Schwartz says, most people do. If you shop in the morning but work out at night after your feet have swollen, your sneakers are probably too tight and pressing down on your nerves. If your feet aren't happy with the position the shoes put them in, they may rebel by going numb. That problem is easily fixable with a trip to a shoe store with a knowledgeable sales staff.

Another possibility, Schwartz says, is that you've developed a neuroma, an enlargement of a nerve resulting from pressure on the foot. Remedies include icing, injections of steroids and, if needed, surgical removal (of the neuroma, of course, not your foot). A visit to a podiatrist could take the guesswork out of the diagnosis.

**Vicky Hallett** is one of the Misfits, the fitness team for The Washington Post's Health section. Find more of her answers to reader questions on page F3 of The Post every other Tuesday, alternating with personal training insights from her gym buddy, Howard Schneider. Contact the Misfits at [fitness@washpost.com](mailto:fitness@washpost.com).



LAWRENCE LUK

# Busting a Move

FlexAware promises to help you overcome pain

**When Sandy Beber walked into the FlexAware studio in Adams Morgan last week, her twisted ankle demanded she hobble with the help of a cane. Just 75 minutes later, she was standing and walking on her own.**

Her cure? Rolling around on the ground like a three-month-old. "FlexAware is a combination of movement and exercise based on how young children learn to move. They have the ease and flexibility we've lost," says creator Steven Shafarman, who likens it to "Western scientific yoga" because of his studies of anatomy and neuroscience.

For decades, Shafarman taught the Feldenkrais Method, a form of movement based on examining the way the body works. Over the past

few years, he has created his own technique to expand on this philosophy. Instead of just developing consciousness as Feldenkrais does, FlexAware also promotes fitness by incorporating more vigorous exercises.

Throughout any movement, participants must be mindful of "balloon breathing." He instructs students to think of their midsections as balloons inflating or sponges filling with water as they inhale. When they breathe out, they must deflate the balloon or squeeze the sponge.

Moves include lying on one side and wrapping the opposite arm around the head. Then, on the exhale, one lifts the head up. Another exercise starts on one's back with knees bent and feet flat on the floor, fingers interlaced and hands

**NO PAIN, MORE GAIN**

→ FlexAware's Adams Morgan studio opened last week at 1744 Columbia Road NW (202-640-1373, [Flexaware.com](http://Flexaware.com)). Classes are offered every day. The first class is free to new students.

→ To learn more about Feldenkrais, take Maureen McHugh's introductory class Tuesday night offered through Arlington County Parks and Recreation at the Barcroft Sports and Fitness Center (4200 S. Four Mile Run). The hour-long class contrasting the feelings of rolling and twisting begins at 7:20 p.m. It's \$14 for county residents (\$24 for non-residents). Everyone must preregister by calling 703-228-4747.

behind the head. As one sits up and squeezes the sponge, the elbows fold toward the knees. Casual observers might mistake these for sit-ups, but Shafarman says, "flex-ups, in anatomical terms, are a healthier version of sit-ups." And instead of push-ups, FlexAware students do "extend-ups." These involve lying flat on one's stomach with palms flat on the floor and elbows up in the air. Then, as one exhales, one straightens the arms and reaches upward with one's head.

Beyond breathing and moving, FlexAware is also about feeling comfortable. So, there's no one right way. "In yoga, they're always correcting me, which implies I'm doing something wrong," says Igor Heyman, 38, who recently sampled his first FlexAware session. He compares the experience to playing jazz piano: "It's like a set of chord changes. Try various combinations and you'll find the movements that work for you."

That idea extends to the speed of the class. Shafarman sometimes encourages students to perform exercises very slowly, and at other times urges them to pick up the pace, since that works muscles differently. But it's up to the individual how fast or languidly to move.

For Fred Simpich, who's been doing FlexAware for three years, it's that freedom that's so appealing. "He doesn't aim for poses, targets, reps," says Simpich, who credits FlexAware for curing his arthritis, improving his muscle tone and boosting his energy. "I turn 76 next month, and I feel like I'm 45." Meanwhile, his wife, Patricia, has seen a marked increase in her agility. "I can crawl around to pick something up; I can get up from the floor," she says.

Standing is important, too, because although classes typically start on yoga mats or blankets, the last 15 minutes of each session is done in an upright position. Twisting one's spine and folding forward and backward at the waist have a specific purpose near the conclusion of class. "It helps you retain ease when you get out on the street," Shafarman says. "I want to help people be more aware all of the time, not just in the gym."

Beber, her twisted ankle feeling fine, tries to keep all of what she learned in mind as she steps out onto Columbia Road. "If I forget, I'll end up back here tomorrow," she says. VICKY HALLETT (EXPRESS)

## Phys Ed | fit

# Banish Back Pain

Research says sufferers just need to get moving

**Does your back hurt so much that you don't want to bend, twist or lean? Tough.**

The prescription for pain isn't lounging around; it's stretching, weight lifting and jogging — even if it hurts a little. Hell, even if it hurts a lot at first. "The single best thing you can do when low back pain flares up is to get up and get moving," says Dr. James Rainville, who directs the New England Baptist Hospital Spine Center.

There's growing evidence that exercise is more effective than almost anything else at easing back pain. In a 2003 study at Boston's Simmons College, 26 volunteers with chronic lower back pain rode stationary bikes three times per week. After 12 weeks, their physical functioning had improved by 11 percent and pain was down 8 percent.

And the benefits are long-lasting. One year after starting an exercise program to strengthen lower back muscles, volunteers in a study conducted at the Swiss Federal Institute of Technology felt significantly less pain and were getting around better than those in a control group.

The approach reflects a new way of thinking about lower back pain. For years, researchers have



tried in vain to find a physical cause for all that agony. Experts now suspect that most garden variety back pain begins with a physical injury that's not all that serious — a pulled ligament, a wrenched muscle. But how it runs its course has less to do with your back than what's happening in your head.

In a 2001 British study conducted at the University College of London, people who scored high on measures of psychological distress in their early 20s were more than two and a half times more likely than untroubled people to have low back problems by their early 30s.

Some doctors already treat back

pain as a psychological rather than a physical problem. In 2003, researchers at the University of Washington concluded that two kinds of anti-depressants do help relieve pain in some patients.

But there's another way to treat both mind and body, and it's as simple as getting up. Almost any kind of physical activity forces back muscles and ligaments to work together again. Clenched muscles relax. Weak muscles get stronger. Just as important, returning to normal activities sends a powerful message that there's no serious harm. **PETER JARET (REPRINTED WITH PERMISSION FROM MEN'S HEALTH MAGAZINE © RODALE INC.)**

**New Patient Offer** **\$70** Off Any Treatment  
(Valid for New Patients Only)

**You Can Have Healthy Teeth and Gums that Last a Lifetime!**

**Experience the Dentist EVERYONE is Talking About!**

Dr. Minovi will answer all your questions about the health of your teeth and gums.

Dr. Minovi is a gentle, knowledgeable dentist who will take time to explain your treatment.

Our friendly staff will care for you in our comfortable office.

**Dr. Liza Minovi**  
1234 19th St., NW, Suite 400  
Washington, DC 20036  
**202-822-8777**

**The look you've always wanted!**

**Abelyne Hair Centers**  
Longer fuller hair...for a younger look

Now you can have beautiful thick long and natural looking custom-blended hair. Our services are offered in a private and relaxing hair studio.

...If you have had problems with female hair thinning or balding...

Abelyne Hair Centers can help put your mind at ease with their hair extension and replacement specialists.

Hours of Operation  
**Tuesday to Saturday 9:00AM to 7:00PM**  
Longer fuller hair is not a dream anymore...

**FREE CONSULTATIONS** • [www.ablyne.com](http://www.ablyne.com)

**ABELYNE HAIR CENTERS**  
**703-522-7069**  
2300 CLARENDON BLVD. COURT HOUSE PLAZA  
ARLINGTON, VA

**MOVIES**

**WeekendPass makes the weekend reel.**  
Every Thursday in Express.

**Serving the DC Metro Area**

**Trichology Hair Solutions**

**Hair loss is now optional!**

**Space is Limited. Call Today!**

**FREE Educational Consultation (\$125.00 Value) for First 50 Clients.**

**thehairlossclinic.com**  
**703.212.2000**

**A NEW YOU CAN BEGIN TODAY!**

**GET RID OF UNWANTED FAT WITHOUT SURGERY!**

**With Liposculpt™**

**Liposculpt™ Targets:**

- Thighs
- Saddlebags & Buttocks
- Abdomen
- Love Handles
- Pectoral Chest
- Bra Line
- Arms



Courtesy of Dr. Stephen Jennings

**INNER HEALTH - OUTER BEAUTY**  
CFL Gift Certificates Available

Call 202.575.4660 to schedule a consultation today.

650 Pennsylvania Ave. S.E., Suite 250  
Capitol Hill (Near Eastern Market Metro)

**www.cflwellness.com**  
**202.575.4660**

## DC Dental Spa

Rex Hoang, DMD, PC  
Where Technology Meets Tranquility

One Stop for a New, Beautiful You!

\*Bring in this ad to receive a Free Session of any Service Listed Below!

- Skin Refirme
- Skin Rejuvenation
- Laser Hair Removal

\*Shoulders and above only



**Rex Hoang, DMD, PC**

**\*New Patient Special!**  
**Exam, Cleaning and X-Ray Only \$99**

\*payment due at time of service  
FINANCING OPTIONS ARE AVAILABLE

1325 18th St., NW Ste. 203, Washington, DC (Dupont Circle)  
**(202) 833-8724** [www.dcdentalspa.com](http://www.dcdentalspa.com)

# UNLEASH THE POWER WITHIN EXPERIENCE THE UNIQUE FEATURES OF KUNDALINI YOGA

## BRAHMA VIDYA PEETHAM MEDITATION & YOGA SYMPOSIUM

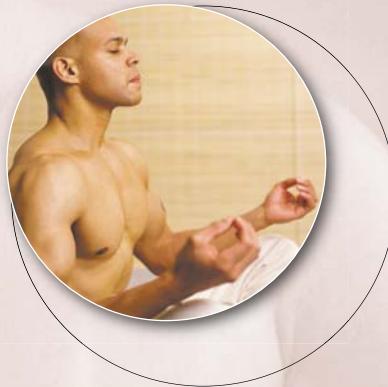
*Special Theme:*

### SELF MANAGEMENT FOR SELF HEALING MASONIC LODGE

7001 Backlick Road • Springfield, VA 22150  
Saturday October 6th, 2007 • 9 a.m. to 4:30 p.m.

*In the divine guidance of:*

SWAMI BRAHMAVIRAAGY of Kashi, India



**Various: Yoga & Meditation Techniques  
And Workshops & Discussions**

**Dress Code: White Loose Clothing  
Meal & Refreshments Included**

*Inner holistic healing with physical health,  
emotional wellness and spiritual sustenance*

**DON'T MISS YOUR OPPORTUNITY  
TO BE PART OF THIS EXTRAORDINARY  
SPIRITUAL EXCURSION**

**REGISTER EARLY (by Oct. 2)**

**Registration fee \$99 per person**

**CALL: Raj @ 703-330-8767**

**EMAIL: [roshani.persad@yahoo.com](mailto:roshani.persad@yahoo.com)**

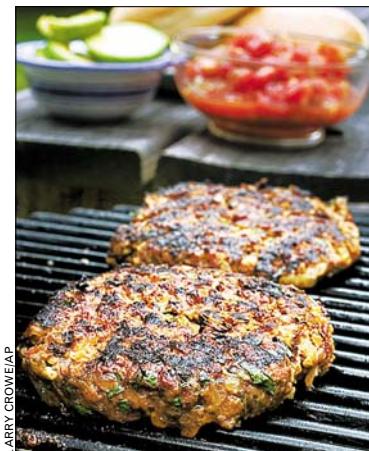
## fit | Nutrition

### Use Your Black Bean

■ Beef and bean  
burgers, makes 4

**INGREDIENTS:** 1 tsp. canola oil; 1 yellow onion, finely chopped; 2 cloves garlic, minced; 1 1/2 tsp. cumin; 1 tsp. ground chipotle pepper; 3/4 cup canned black beans, rinsed and drained; 2 slices whole-wheat bread, torn into small pieces; 2 tbsp. tomato paste; 3/4 pound 85 percent lean ground beef; 2 tbsp. chopped cilantro; 1/2 tsp. salt; 1/2 tsp. pepper; 4 whole-grain hamburger buns

**GETTING STARTED:** Preheat a grill to medium-high. Heat the oil in a small nonstick skillet over medium heat. Add onions and sauté until just softened, or about three minutes. Add the garlic, cumin and chipotle, and sauté until fragrant, about 1 minute longer. Transfer to a dish to cool. Meanwhile, in a medium bowl, combine the beans, bread and tomato paste. Use a potato



to masher to mash them into a rough paste. Add the ground beef, cilantro, salt, pepper and the onion mixture. Mix thoroughly, then shape into four 3/4-inch thick patties. Grill the burgers on a well-oiled rack until there is no trace of pink inside, or about five minutes per side. Meanwhile, toast the buns on the edge of the grill or in a toaster. (AP)

**PER BURGER:** 388 cal., 23 g  
protein, 39 g carbs, 15 g fat, 52  
mg chol., 681 mg sodium, 4 g fiber

## Be a vision for back to school.

Eye Exam &  
Complete Pair  
of Prescription  
Eyeglasses

**\$99**

Eyeglasses include clear, single-vision, plastic lenses +4-8ph, -2cy and frame from the Sterling Super Saver collection. Some prescriptions at additional charge. Also includes eye exam, fitting and follow-up visit. Prior sales excluded. Must present coupon at time of purchase. May not be combined with any other offer, discount, package or insurance plan. Some restrictions may apply. See store for details. Expires 10/15/07.

**\$100 off**

Complete Pair  
of Eyeglasses

**& FREE**  
2nd Pair

SEE STERLING  
TODAY FOR  
SPECIAL DISCOUNTS



Contact Lens **\$119**  
Package

*Includes Exam & 2 Boxes of Disposable Contact Lenses*

Contact lenses are 2 boxes of Sterling 55 or EasyWear disposable contacts. Prior sales excluded. Must present coupon at time of purchase. May not be combined with any other offer, discount, package or insurance plan. Some restrictions may apply. See store for details. Expires 10/15/07.

1900 M Street NW, Washington DC  
(202) 728-1041

1747 Pennsylvania Avenue NW, Washington DC  
(202) 466-2050

1-800-EYES-789 | [sterlingoptical.com](http://sterlingoptical.com)

WE ACCEPT MOST HEALTH INSURANCE PLANS  
WE WELCOME FEDERAL EMPLOYEES



one-hour service  
designer frames • contacts

**Sterling**  
OPTICAL®

See What You're Missing

MR. MAGOO and associated character names, images and other indicia are trademarks of and copyrighted by UPA Productions of America, Inc. All rights reserved.



THE DOORS TO DC'S NEWEST BIKE SHOP ARE  
**WIDE OPEN**



**THE BIKE RACK**

[WWW.BIKERACKDC.COM](http://WWW.BIKERACKDC.COM)

1412 Q STREET NW (LOGAN) • 202 387 BIKE (2453)

# How You Doing?

Scottish scientists study pickup line psychology

**Even the worst pickup lines — like, "You remind me of a parking ticket, because you've got 'fine' written all over you" — serve an evolutionary purpose.**

Researchers at the University of Edinburgh have conducted a study of phrases uttered by Casanovas, which appears in an October issue of the psychology journal *Personality and Individual Differences*.

More than just another opportunity for embarrassment in the pursuit of love, opening remarks at a bar reveal volumes about character and general fitness. And they reveal who the user is trying to attract. Peter Caryl, one of the study's authors, figured this warranted a closer look.

Caryl and his team have the pickup line down to a science — literally. For the study, 127 females completed a survey to determine their personality type. They were then asked to rate the effectiveness of 40 vignettes, each one describing a sce-



nario of a man trying to strike up a conversation with a woman.

Though there was plenty of overlap among the groups, extroverted women tended to prefer funny opening lines, and non-conformist women resisted displays of wealth and appeals to their sense of culture. Chivalry appealed widely. A scenario in which a potential suitor chides drunken louts who cut in line won the hearts of female subjects in all personality categories.

An earlier study conducted by the researchers ranked the overall effectiveness of the same 40 vignettes, some written by the researchers and others culled from TV, movies and Web sites. Canned compliments did poorly, while ones that reflected the specific situation or surroundings did best. Offering thoughts on a painting at a museum worked (though it helps to know something about art), as did asking for help in picking out a watch for a friend.

Opening lines with sexual innuendo ("What has 148 teeth and can hold back the Incredible Hulk? My fly," for example) ranked toward the bottom of the list. But that doesn't stop guys from using them. Caryl theorizes that these lines are the users' way of zeroing in on more promiscuous women. Generally, the 60 males surveyed did well predicting which remarks would work best but overestimated the effectiveness of the risqué lines.

WILLIAM WEIR (THE HARTFORD COURANT)

## GRAND OPENING



**The official self defense and fighting system of the Israeli Defense Force and numerous US Law Enforcement agencies.**

### OFFICIAL TRAINING CENTER



As seen on TV's  
"HUMAN WEAPON"



- **Noon and Evening Classes**
- **KMDC Fit (fitness with an attitude)**
- **Brazilian Jujitsu Classes**

**KMDC Training Center  
at Gallery Place  
616 H Street NW, 20001**

[www.KravMagaDC.com](http://www.KravMagaDC.com)  
202-328-1201 x105

## Score Points With Your Teammate Tonight

If I could become a dance champion in a few weeks, you can too!  
Learn to dance like a star... phone today!

PRIVATE & GROUP LESSONS with Personal Dance Trainers

Swing • Ballroom • Fox Trot • Cha Cha • Night Club  
Latin • Tango • Slow Dancing ...and more!

**Arthur** Franchised **Murray**  
Dance Studios

Alex/Landmark Bethesda  
703-751-4336 301-657-2700  
Tysons Corner 703-556-0088 301-590-0387  
or visit [www.arthurmurraydc.com](http://www.arthurmurraydc.com)

Emmitt & Pat Smith Ashburn Opening Soon!  
Singles & Couples Welcome! Watch the Emmitt Smith dance interview at [www.arthurmurraydc.com](http://www.arthurmurraydc.com)

Are you ready  
to eat healthier?



**Nutrition - Cooking Demos - Shopping Tips - Yoga**

Join us for this 9-week course  
at one of our three convenient DC locations:

**Josephine Butler Parks Center** (2437 15th Street NW)

Classes: Wed., Sept. 12 - Wed., Nov. 7, 6:30-8:30pm\*\*

**Southeast Tennis & Learning Center** (701 Mississippi Ave. SE)

Classes: Thur., Sept. 13 - Thur., Nov. 8, 7:00-9:00pm\*\*

**Marvin Gaye Riverside Center** (5200 Foote Street NE)

Classes: Sat., Sept. 15 - Sat., Nov. 10, 1:00-3:00pm\*\*

\*\*Registration starts 30 minutes before the first class.

**Cost:** Only \$20 for the entire course. (Fee can be waived.)

For more information, visit [www.vsd.org](http://www.vsd.org) or contact VSDC by phone (202-362-8349) or by email ([EatSmart07@verizon.net](mailto:EatSmart07@verizon.net)).

**Have fun, learn some tips, and create a healthier you!**

## Low Back Pain Research Study

LUMBAR  
NUCLEUS REPLACEMENT

Greater  
Baltimore  
Neurosurgical  
ASSOCIATES

Greater Baltimore Neurosurgical Associates is conducting a research study using a lumbar nucleus replacement device that is surgically implanted via a minimally invasive approach. The Hydraflex Nucleus Arthroplasty System is designed to replace only the degenerated nucleus portion of the spinal disc to reduce back pain, improve function and preserve motion.

The device is intended for use in patients with single-level degenerative disc disease from L2 to S1 that are between the ages of 25 and 70. If you currently have an MRI that demonstrates Degenerative Disc Disease at one level and presents as **low back pain with or without leg pain**, you may be a candidate for this clinical study.

To find out more about this investigational research study, call:

**443-849-4282**

Physicians Pavilion North  
6535 N. Charles Street, Suite 600, Baltimore, MD 21204

[www.gbmco.org/neuro](http://www.gbmco.org/neuro)

**GBMC**

GBMC includes Greater Baltimore Medical Center,  
Hospice of Baltimore and the Gilchrist Center, GBMC Harry and  
Jeanette Weinberg Community Health Center and GBMC Foundation.

**GBMC. DISCOVER WHAT MAKES US GREATER.**

[readexpress.com](http://readexpress.com)

# FREE LASIK 0% FINANCING!

## Better Vision is right before your eyes!

**\$0 down**  
**0% interest**  
**18 months**



**Trust your eyes to doctors who specialize in LASIK.**

**Drs. Neil Wills and Jay Lustbader**  
Board-Certified Ophthalmologists

With more than 50,000 LASIK procedures, Drs. Wills and Lustbader rank among Washington DC's most experienced LASIK Specialists.



### *Unmatched Experience*

LasikPlus is America's #1 provider of laser vision correction, with more than 800,000 procedures performed since 1991.

### *Interest-Free Easy-Pay Financing*

No money down. Not a penny of interest for 18 months. Affordable monthly payments as low as \$47.94. And it's a cinch to qualify.

### **FREE LASIK Vision Exam**

Some clinics offer a complimentary consultation, but require you to pay as much as \$100 for an eye exam. At LasikPlus, both the doctor exam and personal consultation are totally FREE and without obligation.

There's never been a better time to have laser vision correction. And there's never been a better reason to have your procedure now at LasikPlus. LASIK is all we do, so you can expect to regain your natural vision with the best results possible — all at the best value.

Everything about your LasikPlus experience is 100% customized — from your FREE LASIK Vision Exam and personal consultation, to matching your prescription to the precise LASIK technology, including Custom Wavefront and ALL-Laser LASIK. Even our payment options can be tailored to your budget. No wonder so many of our patients say they'd recommend us to family and friends.

**Call now for  
your FREE LASIK  
Vision Exam!**

**Have a Vision Care Plan?  
Ask us how you could save even more.**

©2007 LCA-Vision Inc. Offer is subject to credit approval. No finance charges will be assessed if the amount in full is paid by the due date. A minimum monthly payment of 3% of the balance is required. Other financing options are available. Call for details. #1 Provider based on Q4, 2006 Procedure Volume provided by MarketScope, LLC and 10-Q reports as filed with the U.S. SEC for Q4 of 2006.

**ACT BY OCTOBER 31, 2007**

**1-866-926-EYES**  
(3937)

*Our Appointment Desk is open 7 days a week!*

**LasikPlus®**  
VISION CENTER

[lasikplus.com](http://lasikplus.com)

**ANNAPOLIS • BALTIMORE • COLUMBIA**